CHINESE KUNG-FU SERIES 9



Wu Song Breaks Manacles

(in Chinese-English)

by Cai Longyun

武松脫銬

●中英對照

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序　言

“武松脫銬”，在武術運動中是一種很別緻的拳路。因爲它把《水滸》裏的英雄人物“武松大鬧飛雲浦”的故事在武術中再現出來，在這個拳路裏既有攻防技擊的動作，又有人物事迹的描繪。

“武松脫銬”的拳路有多種，有單人練的拳路，有三人練的拳路，也有五人練的拳路。

三人練的“武松脫銬”，是一人徒手，右手攥拳，左手握住右拳腕部，作兩手被銬狀；另外兩人，一人持齊眉桿棒，一人持雙手朴刀，作押解的樣子。練起來非常粗獷，徒手的那個人，攻防閃躲，跌撲滾翻，動作靈敏迅速；持刀、棒的兩人，撲打劈搠，動作精確。三人配合極爲嚴謹，毫無破綻之處，整個套路的運動氣氛緊張。

五人練的“武松脫銬”，是一人手上套着一副帶有長鏈的木銬；其他四人，各持一根長棍。練起來，除了一敵四人的各種攻防動作之外，間隙中還安插了長鏈和長棍的各種舞花動作。雖然沒有跌撲滾翻，却也扣人心弦。

這兩種“武松脫銬”，已經很難看得到了。現在能夠看到的，就是單人練的“武松脫銬”。

單人練的“武松脫銬”，最精彩的要推上海著名武術家，一九五三年以來曾先後五次在全國武術表演大會上獲得“一等獎”的胡漢平。他練的“武松脫銬”，內容豐富，攻防技擊方法有頂、撞、衝、擊、抓、扯、捋、帶、推、劈、撩、架、蓋、壓、扶、插等十六種手法；踢、彈、踹、掃、絆、踩等六種腿法。雖然兩手活動的機會不多，但運用肩、肘、腿、胯的方法却是較多的。拳路的結構層次也很清楚，分爲：起勢、帶銬、搏鬥、磕銬、脫銬、取勝、收勢，

七個層次。佈局也較開闊伸展，枝蔓葉延。整個格調非常和諧、流暢，是一個很好的拳路。

這裏向讀者們介紹的“武松脫銬”，就是根據他的拳路寫成的。

Preface

A unique style of Chinese boxing featuring movements of both attack and defense, *Wu Song Breaks Manacles* recalls the chapter "Wu Song Goes Wild at Flying-Cloud Pools" from one of the best-known and best-loved of the ancient Chinese novels *Outlaws of the Marsh*.

This exercise is practised in the form of pre-arranged routines, either by a single person fighting an imaginary foe, or by three or five partners in a simulated combat.

In the one-on-two exercise, the one who plays Wu Song, a prisoner travelling under police escort, fights barehanded with the right hand clenched into a fist and the left gripping the right wrist as if his hands were manacled, while the other two who play the guards wield a cudgel and double swords respectively. This exercise is characterized by quick movements such as leaps and falls, attacks and dodges, all done with immense vigour and precision.

In the one-on-four exercise, the one playing Wu Song wears around his wrists a pair of wooden manacles with a long chain attached to it and his opponents are each armed with a cudgel. Without the vigorous leaps and falls of the one-on-two exercise, this exercise features attack and defense movements accentuated from time to time by the graceful wielding of the chain and the cudgel.

Since the one-on-two and one-on-four sparring exercises are now known only to a few masters, the most popular form of *Wu Song Breaks Manacles* involves only one person.

The best-known practitioner of this form is Hu Hanping, a famous *wushu* master from Shanghai and five-time first prize winner at the National *Wushu* Meet since 1953. His hand techniques include elbowing, bumping, pounding, punching, catching, holding, gripping, seizing, pushing, cutting, sweeping, fending, crushing, pressing, gouging and thrusting and his foot

and leg techniques range from kicking, leaping, treading, sweeping, tripping to stamping. In Hu's style of *Wu Song Breaks Manacles,* the boxer uses the shoulders, elbows, legs and hips more frequently than the hands. Hu's exercise, arranged in seven continuous sections, is marked by an easy flowing style of its own.

動作名稱

起勢

一、挎肘抱拳
二、虛步抱拳
三、幷步左抱拳
四、雙按掌
五、十字手
六、平抓反鈎
七、十字手起銬勢
八、左右頂肘
九、左右側踢
一〇、弓步撞肘
一一、掃腿衝拳
一二、回身捋抓
一三、踢腿抉目
一四、踢腿踘步前掃
一五、弓步撞肘
一六、劈掌架肘
一七、轉身旋風脚
一八、左右踢腿
一九、前掃
二〇、弓步撞肘
二一、劈掌架肘
二二、轉身旋風脚
二三、叉步抓手
二四、側踹
二五、轉身旋風脚
二六、前掃
二七、弓步撞肘
二八、左右頂肘
二九、前掃
三〇、弓步撞肘
三一、劈掌架肘
三二、左踢腿
三三、踘步箭蹚
三四、弓步撞肘
三五、前掃
三六、弓步撞肘
三七、弓步劈掌
三八、馬步衝拳
三九、蹦步轉身衝拳
四〇、退步擊肘
四一、轉身絆掃劈掌
四二、絆掃抓帶
四三、退步擊肘
四四、左右磕銬勢
四五、脫銬
四六、左右捋抓
四七、左右撩拳
四八、推掌前掃
四九、弓步插掌
五〇、回身抓扯
五一、急衝三拳
五二、伏地後掃

五三、踩腿蓋打
五四、踢腿馬步架打
五五、轉身歇步壓肘
五六、前踢腿
五七、弓步上衝拳
五八、回身弓步插掌
五九、踘步抓扯
六〇、弓步撩臂
六一、上步頂肘
六二、仆步掄劈掌
六三、弓步上衝拳
六四、回身虛步架打
六五、并步推掌
六六、震腳虛步琵琶手
收勢

Names of the Movements

Starting Position

1. Bend Arms and Place Fists on Hips
2. Hold Right Fist with Left Hand in Empty Step
3. Stand with Feet Together and Hold Right Fist with Left Hand
4. Press Both Palms Downward
5. Cross Palms
6. Catch with Bent Fingers and Form Hooked Hands at the Back
7. Cross Palms in Manacles
8. Thrust Elbows Sideways
9. Kick Leftward and Rightward
10. Strike with Forearm in Bow Step
11. Sweep Leg and Punch
12. Turn Back to Catch
13. Kick Up Foot and Gouge Out the Enemy's Eyes
14. Kick Up Foot, Strike Foot and Sweep Leg Forward
15. Strike with Forearm in Bow Step
16. Raise Elbow and Hack with Palm
17. Whirlwind Step with Body Turns
18. Kick Leftward and Rightward
19. Sweep Leg Forward
20. Strike with Forearm in Bow Step
21. Raise Arm and Hack with Palm
22. Whirlwind Step with Body Turns
23. Cross Legs and Seize with Hand
24. Kick Sideways
25. Whirlwind Step with Body Turns
26. Sweep Leg Forward
27. Strike with Forearm in Bow Step
28. Thrust Elbows Sideways
29. Sweep Leg Forward

30. Strike with Forearm in Bow Step
31. Raise Elbow and Hack with Palm
32. Kick with Left Foot
33. Strike Foot and Kick in Flight
34. Strike with Forearm in Bow Step
35. Sweep Leg Forward
36. Strike with Forearm in Bow Step
37. Hack with Palm in Bow Step
38. Punch in Horse-Ride Step
39. Leap into the Air, Turn Torso and Punch
40. Take a Backward Step and Thrust Elbow
41. Turn Torso, Sweep Leg and Hack with Palm
42. Trip with Sweeping Leg and Catch
43. Take a Backward Step and Thrust Elbow
44. Bump Manacles Against Thigh
45. Break Loose from the Manacles
46. Seize the Opponent by the Wrist
47. Punch with Right and Left Fists
48. Push Hand and Sweep Leg
49. Thrust Palm in Bow Step
50. Turn Torso and Pull Down
51. Punch Three Times in a Row
52. Sweep Leg Backward in Crouch Step
53. Uppercut in Seated Step
54. Kick and Punch in Horse-Ride Step
55. Turn Torso and Press Down Arm in Seated Step
56. Frontal Kick
57. Uppercut in Bow Step
58. Turn Torso and Thrust Palm in Bow Step
59. Bump Foot and Pull Hands Down
60. Bump with Arm in Bow Step
61. Step Forward and Elbow
62. Cut Palm in Crouch Step
63. Uppercut in Bow Step
64. Turn Torso and Punch in Empty Step
65. Bring Feet Together and Push Palm
66. Stamp Foot and Hand Strums the Lute in Empty Step

Closing Form

動作說明

The Movements of the "Wu Song Breaks Manacles"



1

預 備 勢

動作分解：

面對南方，站在拳場西端；兩腿伸直，兩腳靠攏；兩臂垂於身體兩側，兩手五指並攏貼在腿側；立正姿勢（圖1）。

要領說明：

頭要端正，下頦內收，眼向前平視；挺胸、直背、鬆肩，兩臂自然下垂；精神貫注，神情安舒。

一、挎肘抱拳

動作分解：

兩手握拳，屈肘收抱於兩腰側，拳心朝上，拳面朝前（圖2）。

要領說明：

兩肩稍向後張展，兩拳握緊，挺胸、收腹，保持身體正直。



2

STARTING POSITION

Movements:

Stand upright to face south at the western end of the court with both legs straightened, feet closed together, arms hanging at the sides of body, and fingers together and closed to thighs. (Fig. 1)

Points to remember:

Keep head erect, chin tucked in, and eyes looking straight ahead; hold chest thrown out, back erect, shoulders relaxed and arms naturally hanging down; be relaxed but alert and concentrating.

1. BEND ARMS AND PLACE FISTS ON HIPS

Movements:

Clench hands, bend arms, and place fists on hips with knuckles facing downward and forefists facing forward. (Fig. 2)

Points to remember:

Extend shoulders slightly to the back with chest thrown out and abdomen pulled in. Clench fists tightly. Keep body erect.



3

二、虛步抱拳

動作分解：

①左脚不動，右脚從左腿前面向左側斜前方邁步（圖3）。②上動不停，左脚從後向左側上步，以脚前掌虛沾地面；兩腿屈膝半蹲成爲右實左虛之虛步；左拳同時變掌，與右拳一起直臂向後、向兩側、向前弧形繞行，至身前時屈肘環抱於胸前，左掌心貼附於右拳背，右拳拳眼朝下、拳心朝前；眼向左側斜前方平視（圖4）。

要領説明：

左脚邁步，右脚上步，兩臂環抱，這三動必須同時進行，不要分割開來做。虛步必須使身體重量坐落在右腿，左脚僅是虛着地面。兩臂要屈成環狀，兩肘稍向上翻起，兩肩向下沉墜。



4

2. HOLD RIGHT FIST WITH LEFT HAND IN EMPTY STEP

Movements:

(1) Right foot takes a side-step to the left, brushing past the front of left leg. (Fig. 3)

(2) Without any pause, left leg takes a forward step to the left from behind right leg with its ball landing on ground; bend both legs at knee to drop to a half squat with body weight shifted onto right leg, thus forming an empty step. At the same time, open left fist. Then left palm and right fist, with both arms straightened, make an arc backward, sideways, and forward until they meet in front of chest with arms bent, left palm against the back of right fist, the thumb side of fist facing downward, and the palm side outward. Look straight ahead obliquely to the left. (Fig. 4)

Points to remember:

The forward sidesteps and the rounding of arms should be done as a continuous whole without any break. In the empty step, weight should rest on right leg while the ball of left foot lands on ground. Round arms in a circle, rotate forearms a bit internally and keep both shoulders drooped.



5

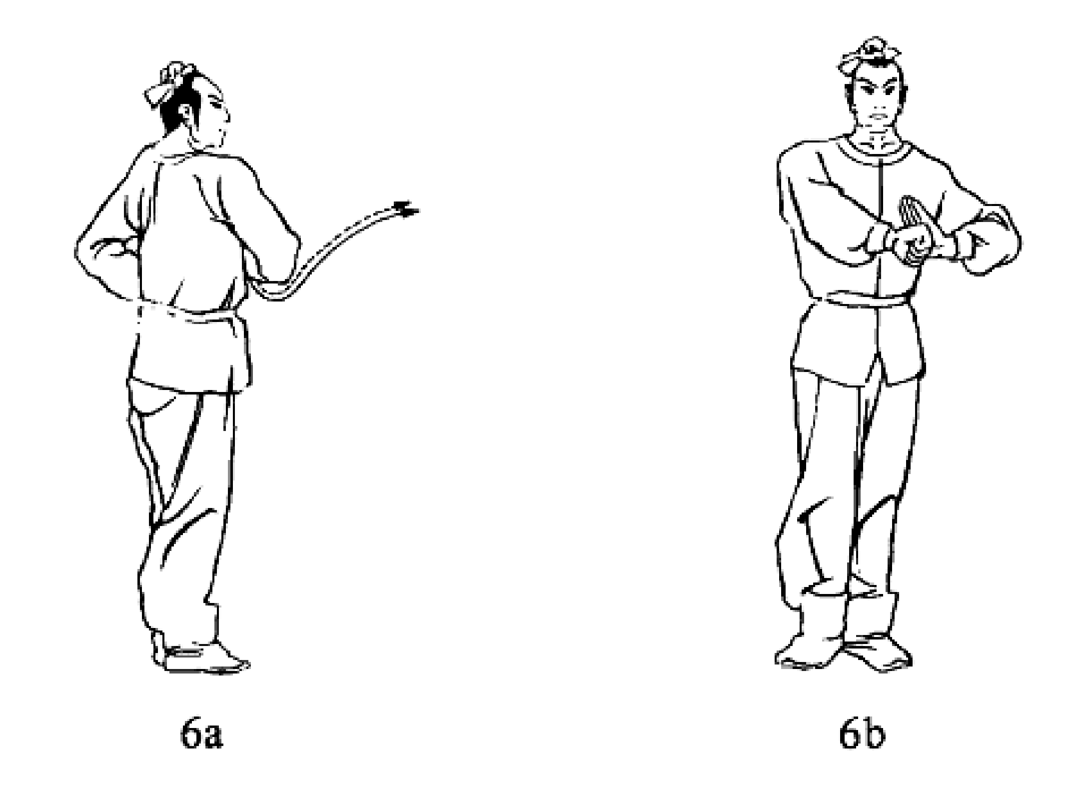
三、並步左抱拳

動作分解：

①右脚尖里扣，左脚向左側斜後方退步，左腿伸直，右腿仍屈膝；上身隨勢左轉對向正東方向（圖5）。②上動不停，右脚向後退步與左脚並攏靠齊，兩腿伸直；左掌與右拳一起從胸前向下、向裏、向左胸側屈肘繞環上提；眼向正東前方平視（圖6 正面及圖6 側面）。

要領說明：

左掌與右拳的繞環動作，要和兩脚的退步、並步動作相應，同時進行，上下肢必須配合一致，動作協調。



6a 6b

3. STAND WITH FEET TOGETHER AND HOLD RIGHT FIST WITH LEFT HAND

Movements:

(1) Turn toes of right foot inward, take a backward step obliquely to the left with left foot and stretch left leg but keep right leg bent; meanwhile, turn torso leftward to face due east. (Fig. 5)

(2) Without any pause, move right foot backward, place it beside left foot and straighten up both legs; move left palm and right fist together downward, inward, and upward with arms bent until they come to the front of the left side of chest. Look straight ahead to the due east. (Fig. 6 front view and side view)

Points to remember:

The circular movement of left palm and right fist should go hand in hand with the backward steps and the placing of right foot beside left foot, the movements of upper limbs should be coordinated with those of lower limbs.

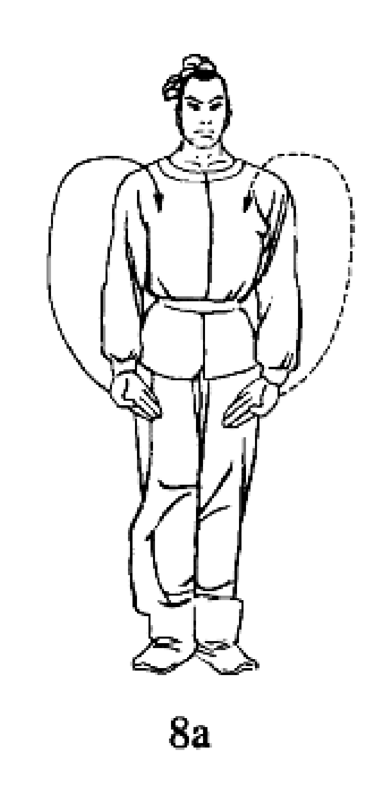

7a


7b

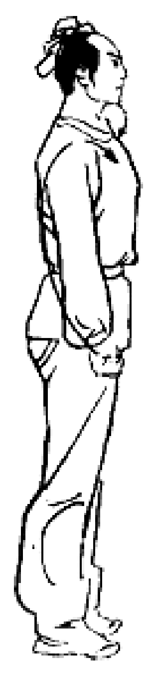
四、雙 按 掌

動作分解：

①右拳變掌，與左掌一起從左胸側屈肘向左肩前提起，臂外旋使掌心朝上，兩掌上下相疊向身前伸出，右掌在上面，左掌在下面（圖 7 正面及圖 7 側面）。②上動不停，兩掌分開，從身前向下直臂弧形下垂（圖 8 正面及圖 8 側面）。③上動不停，兩掌繼續分向兩側舉起至平舉部位，然後屈肘使小臂從兩側向上、向肩前繞行平落，掌心朝下（圖 9 正面及圖 9 側面）。④兩掌從兩肩前向上身兩側直臂下垂按掌，掌指朝向身前，掌心朝下（圖10）。



8a



8b

4. PRESS BOTH PALMS DOWNWARD

Movements:

(1) Open right fist into palm, raise it together with left palm from the front of the left side of chest to the front of left shoulder, rotate both forearms externally so that palms face upward with right palm on top of the left palm and then extend both palms forward. (Fig. 7 front view and side view)

(2) Without any pause, separate palms and move them downward in curves with arms straightened from the front of body to the sides of hips. (Fig. 8 front view and side view)

(3) Without any pause, raise both arms shoulder-high sideways and swing forearms upward and inward past shoulders with elbows bent until they are level with palms facing downward. (Fig. 9 front view and side view)

(4) Press palms downward along the sides of body with fingers pointing to the front and palms facing downward (Fig. 10)



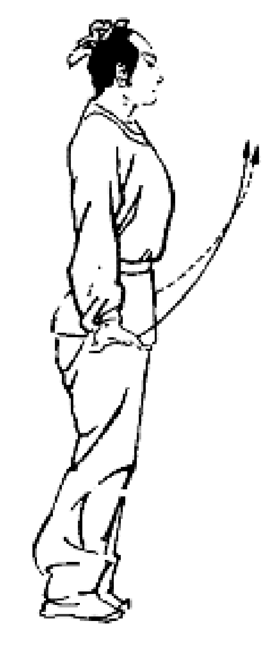
9a



9b

要領說明：

①兩掌向左肩提起、向前伸出、直臂下垂、向兩側平舉、小臂向肩前繞行等動作，實是兩臂的回環動作，中間不要停頓，應連續不斷地進行。②兩掌繞行至兩肩前時，兩肘要抬平，兩掌接近肩前。③向下按掌，必須使兩臂肌肉投入緊張狀態，猛力向下迅速按撳。



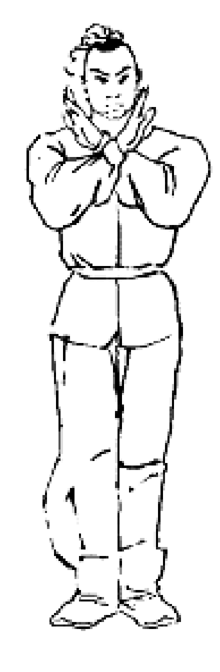
10

Points to remember:

(1) The raising of palms to the front of left shoulder, the extending of them forward, the moving of them downward with straightened arms, the raising of arms shoulder-high sideways, and the swinging of forearms upward and inward past shoulders constitute a continuous circular movement of both arms and should be executed without any breaks.

(2) When swing forearms inward past shoulders, keep elbows at shoulder level. Palms should be placed close to shoulders.

(3) When pressing palms downward, tighten arm muscles and press quickly with force.



11a

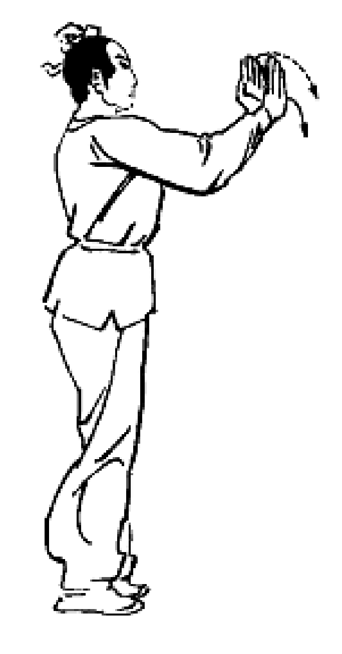
五、十 字 手

動作分解：

兩掌從兩側下方向身前弧形舉起，至身前平舉部位時，兩掌錯臂交叉向上屈腕成側立掌，左掌在上面，右掌在下面，掌指均朝上，掌心均朝外側方，兩肘微屈（圖11正面及圖11側面）。

要領說明：

兩掌掌指高與眼齊，上身保持正直。



11b

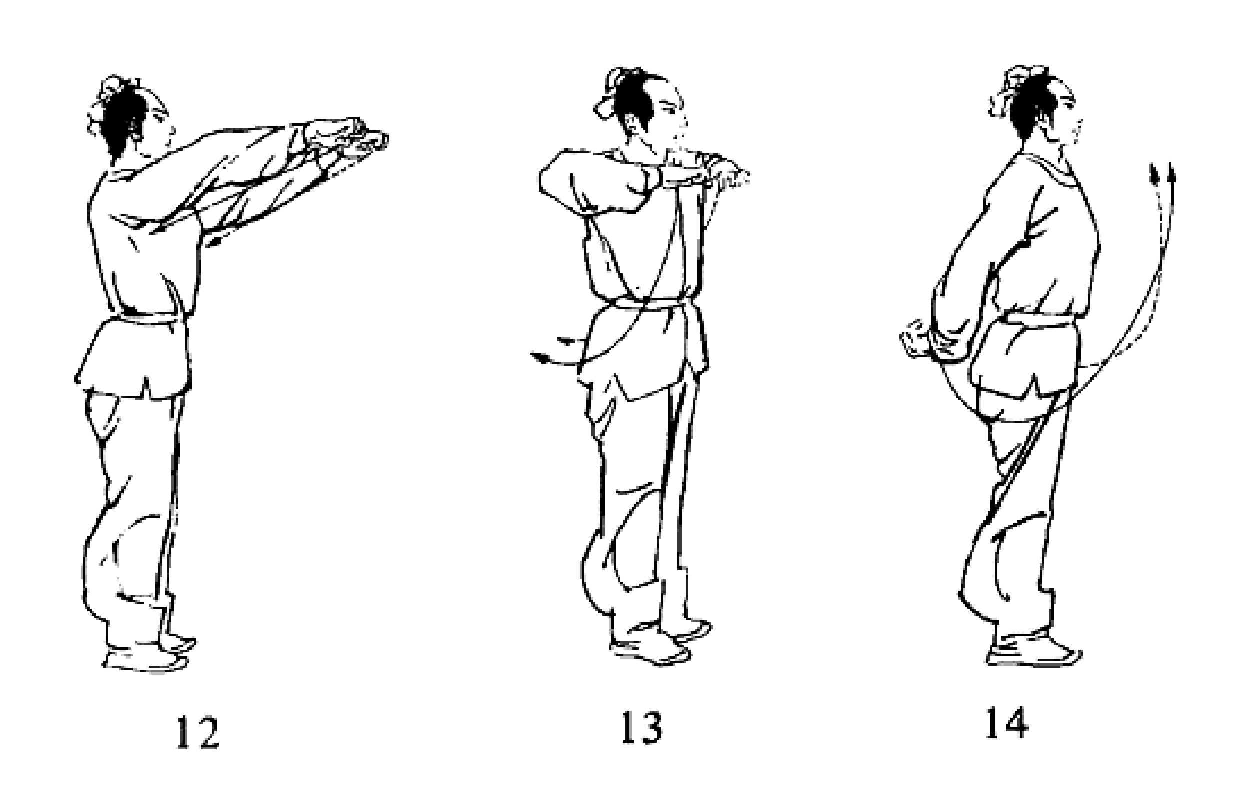
5. CROSS PALMS

Movements:

Raise palms from the sides up to the front at shoulder level in arcs and then twist both wrists to straighten palms up and cross them at wrist with elbows slightly bent, right palm outside and left palm inside, and both palms facing outward. (Fig. 11 front view and side view)

Points to remember:

Keep fingertips at eye level and torso erect.



12　　13　　14

六、平抓反鈎

動作分解：

①兩掌直腕使掌心朝下，在身前分開；五指的第三和第二節指骨（拇指僅是第二節指骨）屈曲抓攏，眼看兩掌（圖12）。②上動不停，兩掌屈肘從前向兩肩前平收抓帶，掌心朝下（圖13）。③兩掌五指鬆開，從肩前向下、向身後直臂弧形繞行，至身後時兩掌五指撮攏屈腕成鈎手，反臂向上斜舉，鈎尖朝上（圖14）。

要領說明：

①兩掌向肩前平收抓帶時，兩臂及兩掌的屈指肌必須投入緊張狀態，較快地屈肘平收。②向後成鈎手時，先使兩臂及掌指的肌肉鬆弛，然後在兩臂繞行至身後時再屈腕撮指使肌肉又一次投入緊張狀態。③成反臂鈎手之後，兩肩要稍向後展張，上身保持正直。

6. CATCH WITH BENT FINGERS AND FORM HOOKED HANDS AT THE BACK

Movements:

(1) Unbend wrists and separate hands in front of body with palms facing downward; bend phalanges into hooks and look at hands. (Fig. 12)

(2) Without any pause, move hands horizontally toward shoulders with elbows bent and palms facing downward. (Fig. 13)

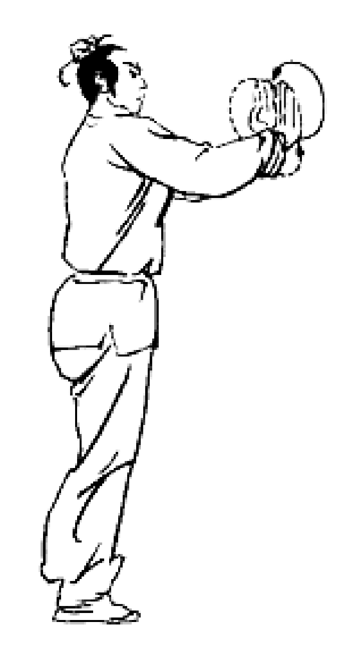
(3) Unbend fingers and move hands downward and backward past the sides in curves from the front of shoulders. Bunch fingers to form hooked hands and uphold them obliquely behind the back with fingers pointing upward. (Fig. 14)

Points to remember:

(1) Tighten arm and finger muscles while quickly moving hands horizontally toward shoulders with elbows bent.

(2) Relax arm and finger muscles when swinging hands downward and backward but tighten them again when forming hooked hands with wrists bent at the back.

(3) After bunching fingers into hooked hands at the back, extend both shoulders slightly to the back and keep torso erect.



15

七、十字手起銹勢

動作分解：

兩鈎手變掌，從後向下、向前直臂弧形擺起，至身前平舉部位時，兩掌錯臂交叉向上屈腕成側立掌，左掌在上面，右掌在下面，掌指均朝上，兩肘微屈（圖15）。

要領說明：

同第五動的十字手。

7. CROSS PALMS IN MANACLES

Movements:

Open hooked hands into palms. With arms straightened, swing both palms downward and upward in curves to the front at shoulder level. Twist both wrists to straighten palms up and cross them with right palm outside and left palm inside, fingertips pointing upward, and elbows slightly bent. (Fig. 15)

Points to remember:

The same as those for Exercise 5.



16



17

八、左右頂肘

動作分解：

①右掌臂外旋直腕使掌心朝上，左掌則直腕使掌心朝下，兩腕上下相疊；兩掌同時，以腕關節爲軸，使右掌從下面向下、向右、向上、向左繞環，使左掌從上面向上、向左、向下、向右繞環，變爲右掌在上面，掌心朝下，左掌在下面，掌心朝上；在兩掌上下繞環之後，右掌變拳與左掌一起從身前向右胸前橫移，右肘則向右側平撐頂出；眼向右側平視（圖16）。②右拳仍變掌，與左掌一起從右胸前移回身前；兩掌同時仍以腕關節爲軸，使左掌從下面向下、向左、向上、向右繞環，使右掌從上面向上、向右、向下、向左繞環，變爲左掌在上面，掌心朝下，右掌在下面，掌心朝上；在兩掌上下繞環之後，左掌變拳與右掌一起，從身前向左胸前橫移，左肘則向左側平撐頂出；眼向左側平視（圖17）。

要領說明：

①兩掌上下繞環時，兩腕必須靠攏，不要離開；兩臂肌肉必須放鬆，使腕關節翻轉靈活。②平撐頂肘時，肘臂必須與肩平齊，拳要握緊，拳心朝下。

8. THRUST ELBOWS SIDEWAYS

Movements:

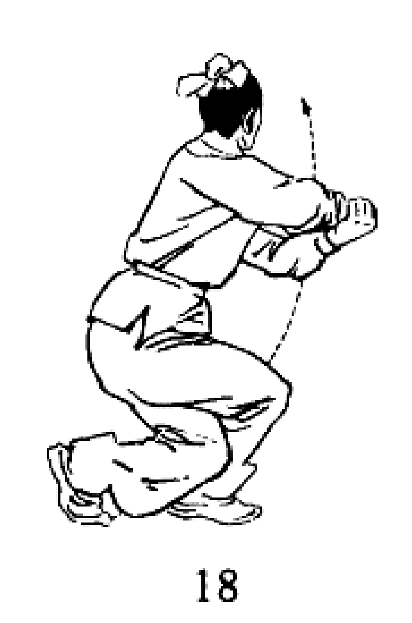
(1) Rotate right forearm externally so that right palm faces upward. At the same time, rotate left forearm internally so that left palm faces downward. Now wrists are crossed with one upon the other. Right palm, using right wrist as the axis, describes a circle downward, rightward, upward, and leftward, whereas left palm, using left wrist as the axis, describes a circle upward, leftward, downward, and rightward, and after finishing a full circle both palms return to their starting position, but with right palm facing downward on top and left palm facing upward below. Turn right palm into fist, move it together with left palm horizontally to the front of the right side of chest, and thrust right elbow sideways. Look straight ahead to the right. (Fig. 16)

(2) Open right fist into palm and move it back to the front together with left palm; left palm, using left wrist as the axis, describes a circle downward, leftward, upward, and rightward, whereas right palm, using right wrist as the axis, describes a circle upward, rightward, downward, and leftward, and after finishing a full circle, both hands return to their starting position, but with left palm facing downward on top and right palm facing upward below. Turn left palm into fist, move it together with right palm horizontally to the front of the left side of chest, and thrust left elbow sideways. Look straight ahead to the left. (Fig. 17)

Points to remember:

(1) While describing circles with palms, keep both wrists close together and relax arm muscles to facilitate the turning of wrist joints.

(2) Elbows must be raised to shoulder level for sideways thrusts and fists clenched tight with knuckles facing downward.

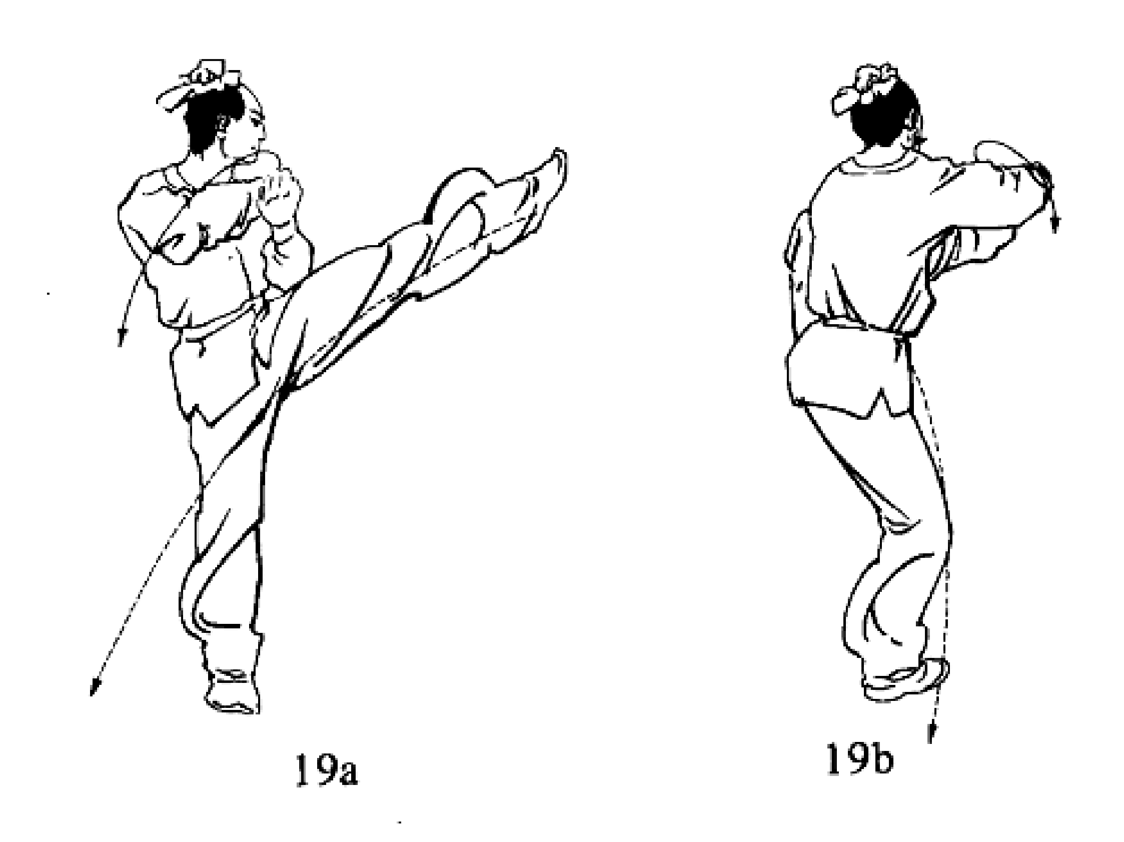


18

九、左右側踢

動作分解：

①右掌與左拳一起從左胸前移回身前；掌拳同時以腕關節爲軸，使右掌從下面向下、向右、向上、向左繞環，使左拳從上面向上、向左、向下、向右繞環，變爲右掌在上面，掌心朝下，左拳在下面，拳心朝上；在掌拳上下繞環之後，右掌也變拳，拳心朝下；左腿隨之屈膝半蹲，左脚跟離地掀起；右脚在左腿屈膝的同時從左腿前面向左側邁步，右腿蓋壓在左大腿上（圖18）。②兩腿直起。左脚以脚外側爲力點，向左側方踢出，脚底朝下，脚尖朝向身前；眼看左脚（圖19正面及圖19側面）。③右腿屈膝半蹲，右脚跟離地掀起；左脚隨之屈膝從右腿前面向右側邁步落地，左腿蓋壓在右大腿上面；兩拳同時以腕關節爲軸，使左拳從下面向下、向左、向上、向右繞環，使右拳從上面向上、向右、向下、向左繞環，變爲左拳在上面，拳心朝下，右拳在下面，拳心朝上；眼向右側平視（圖20）。④兩腿直起，右脚以脚外側爲力點，向右側方踢出，脚底朝下，脚尖朝向身前；眼看右脚（圖21）。



19a 19b

9. KICK LEFTWARD AND RIGHTWARD

Movements:

(1) Move right palm and left fist horizontally from the left side of chest to the front; meanwhile, right palm, using right wrist as the axis, describes a circle downward, rightward, upward, and leftward, whereas left fist, using left wrist as the axis, describes a circle upward, leftward, downward, and rightward. After finishing a full circle, right palm with its back facing upward is on top of left fist. Turn right palm into fist with knuckles facing upward; at the same time, bend left leg at knee into a half squat with left heel raised. While bending left leg, take a forward step to the left with right foot and place right thigh upon left thigh. (Fig. 18)

(2) Straighten up both legs and kick left foot obliquely leftward with force focused on its outer side, sole turned downward and toes pointing to the front of body. Look at left foot. (Fig. 19 front view and side view)



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要領說明：

踢脚的時候，必須用力側踢，踢出之後腿要伸直，脚的高度要超過腰部，立地之脚要站立穩固；兩拳的上下繞環翻轉，必須與邁步的動作同時進行。



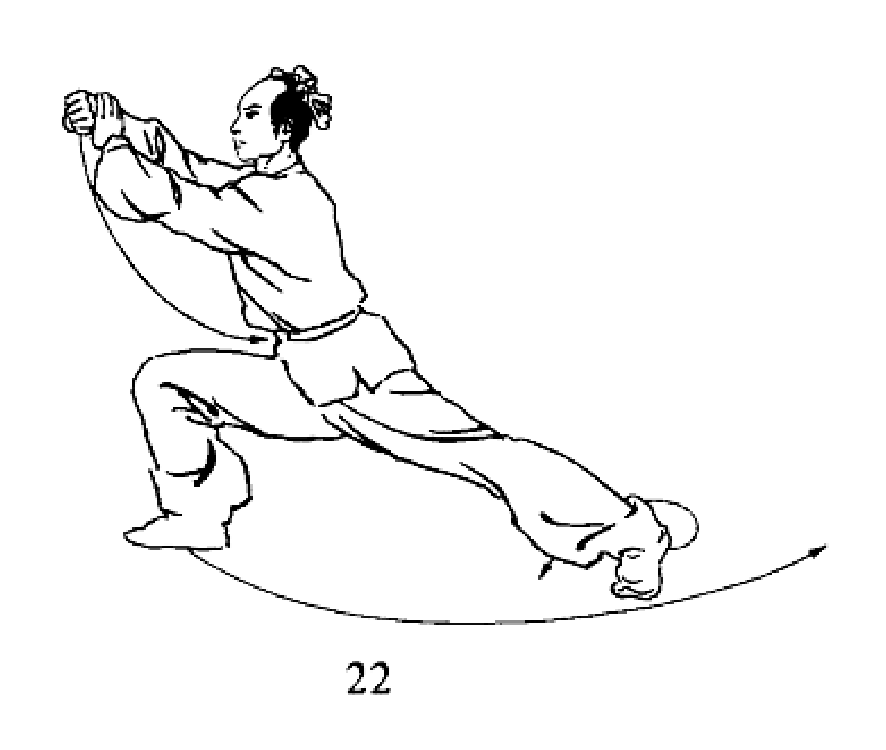
21

(3) Bend right leg at knee into a half squat with right heel raised. While bending right leg, take a forward step to the right with left foot and place left thigh upon right thigh. At the same time, left fist, using left wrist as the axis, describes a circle downward, leftward, upward, and rightward, whereas right fist, using right wrist as the axis, describes a circle upward, rightward, downward, and leftward. After finishing a full circle, left fist is on top with its palm side facing downward and right fist is below with its palm side facing upward. Look straight ahead to the right. (Fig. 20)

(4) Straighten up both legs and kick right foot obliquely rightward with force focused on its outer side, sole turned downward and toes pointing to the front of body. Look at right foot. (Fig. 21)

Points to remember:

Kick foot sideways with force and straightened leg. The foot must go above waist level. Keep the supporting foot firm on ground. The turning of fists around wrists should be coordinated with the forward steps to the left and right.



22

十、弓步撞肘

動作分解：

右脚從正南方，向正西方落步，左脚尖隨之裏扣，右腿屈膝半蹲，左腿挺膝伸直，成爲右勢弓箭步；左拳變掌，握住右拳腕部；右拳在右脚向西落步的同時臂內旋，以小臂肘後側爲力點，向西橫撞，拳眼朝下，拳心朝西；上身隨勢左轉；眼向西南方平視（圖22）。

要領說明：

撞肘必須有力，兩臂要屈成半圓環形，右拳高與右耳相齊；弓箭步，右大腿要屈平，左腿要挺直，防止右脚跟或左脚外側離地掀起。

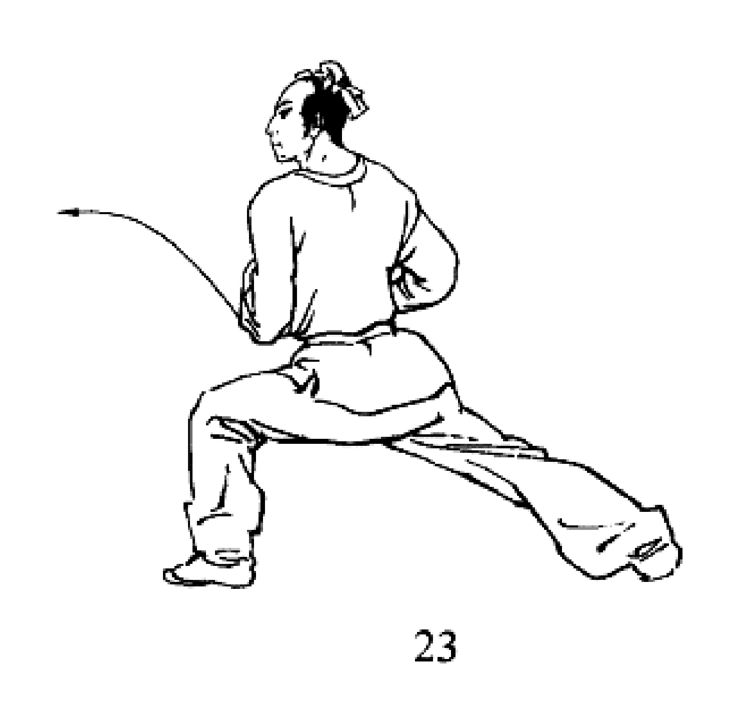
10. STRIKE WITH FOREARM IN BOW STEP

Movements:

Take a step from the due south to the due west with right foot. At the same time, turn toes of left foot inward, bend right leg at knee with left leg straightened to form a right bow step; open left fist to hold right wrist; while taking a step westward with right foot, rotate right forearm internally, and, with force focused on the upper part of right forearm, thrust it horizontally westward with thumb side of fist facing downward and palm side westward; meanwhile, turn torso leftward and look straight ahead to the southwest. (Fig. 22)

Points to remember:

The forearm thrust should be delivered with force with arms rounded to form a semi-circle. Right fist should be on the same level as right ear. Right thigh should be level and left leg stretched. Don't lift right heel and keep left sole flat on ground.



23

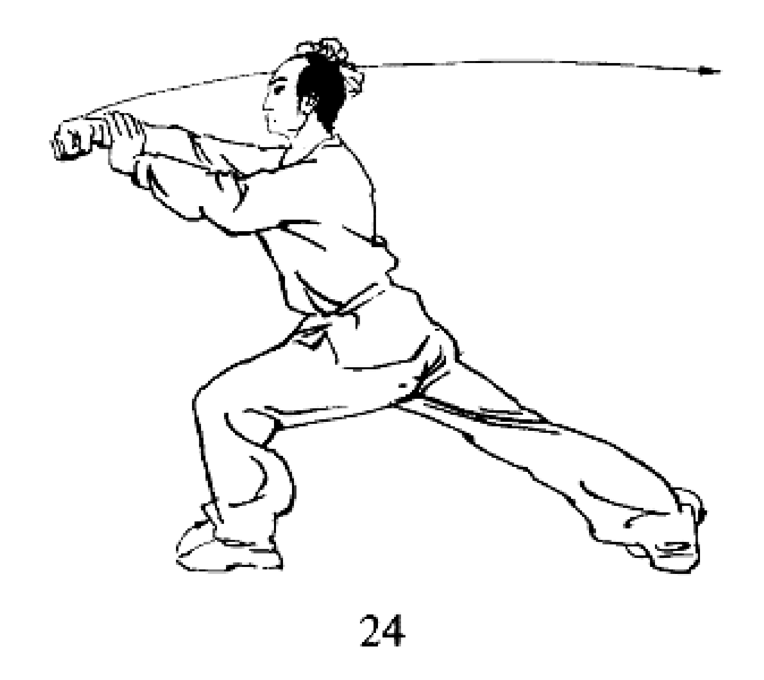
十一、掃腿衝拳

動作分解：

①右拳和左手收抱於右腰側，拳心朝上；左腿同時屈膝半蹲，左脚尖外展，右腿隨之伸直，右脚尖裏扣；以左脚掌碾地爲軸，右脚貼地從西向南、向東前掃半週，上身隨勢從左向後轉；眼向正西方平視（圖23）。②右拳和左手從右腰側向前平伸衝出，拳心朝下；眼看右拳（圖24）。

要領說明：

①向前掃腿，右腿必須伸直，右脚必須貼着地面，掃轉要迅速；左腿在掃轉時成半蹲，不要伸直，也不要成全蹲；上身的向後轉動必須和右脚的掃轉協調一致。②衝拳，必須快而有力，右拳稍高過肩，拳要握緊。



24

11. SWEEP LEG AND PUNCH

Movements:

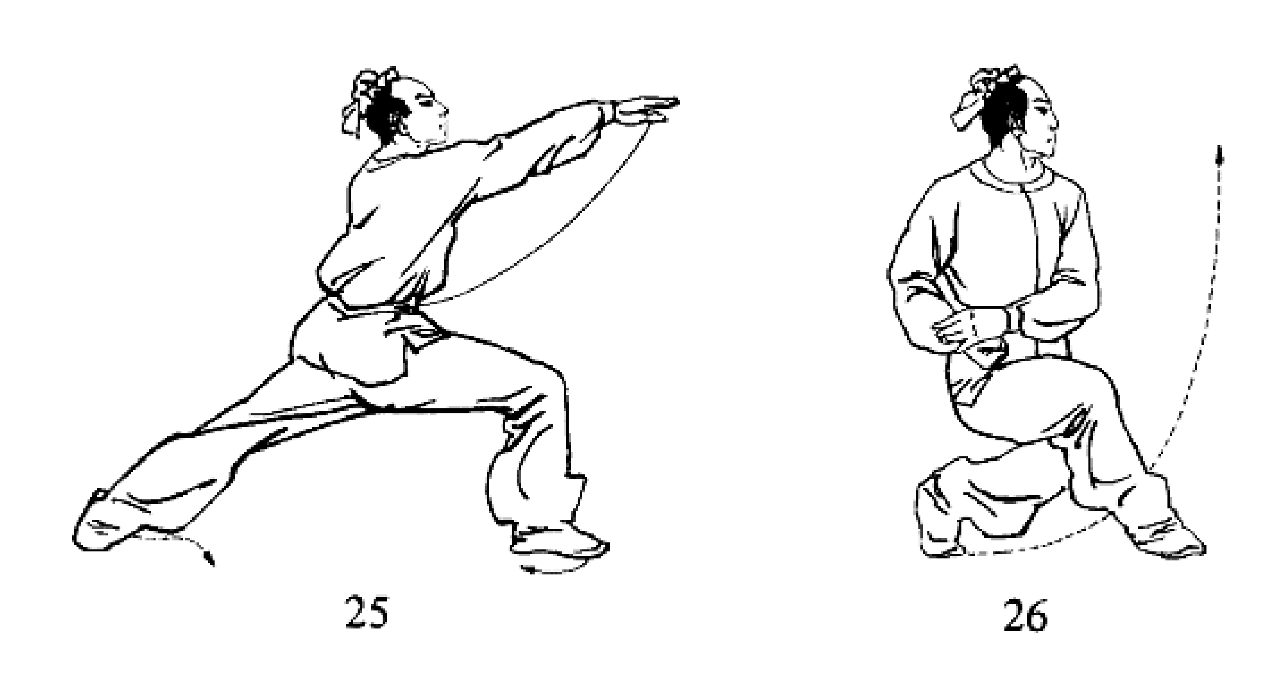
(1) Bring right fist and left palm to the right side of waist, palm side of right fist facing upward; meanwhile, bend left leg at knee into a half squat with toes of left foot turned outward and stretch right leg with toes of right foot turned inward; using left sole as the pivot, sweep right leg in a semi-circle from west to south and then to east with sole kept flat on ground. With the sweeping movement, turn torso leftward and backward. Look straight ahead to the due west. (Fig. 23)

(2) Thrust right fist and left hand forward from the right side of waist, palm side of fist facing downward and eyes looking at right fist. (Fig. 24)

Points to remember:

(1) When sweeping right leg forward, stretch it, keep right sole flat on ground and do the movement quickly; keep left leg bent in a half squat while sweeping right leg; the turning of torso should be coordinated with the sweeping movement.

(2) Deliver the punch quickly and forcibly. Clench fist tight and raise it a bit higher than shoulder level.



25　　26

十二：回身捋抓

動作分解：

①左脚尖裏扣，右脚尖外展，上身從右向後轉面對東方；右拳變掌，掌心朝下，隨上身後轉平擺橫捋；左腿隨之挺膝伸直，右腿同時屈膝半蹲，變爲右勢弓箭步；眼看右掌（圖25）。②上動不停，右掌立即臂外旋使掌心朝上，握拳抓牢，屈肘向右腰側猛帶收回，拳心朝上；上身隨之右轉，右脚尖外展，左脚前移半步，兩腿交叉下蹲，右腿在前面，左腿在後面，左脚跟離地掀起；眼向正東前方平視（圖26）。

要領説明：

上面的分解動作必須連貫起來做，不要分割或中斷；轉身要快，橫捋要平，抓帶要有力。

12. TURN BACK TO CATCH

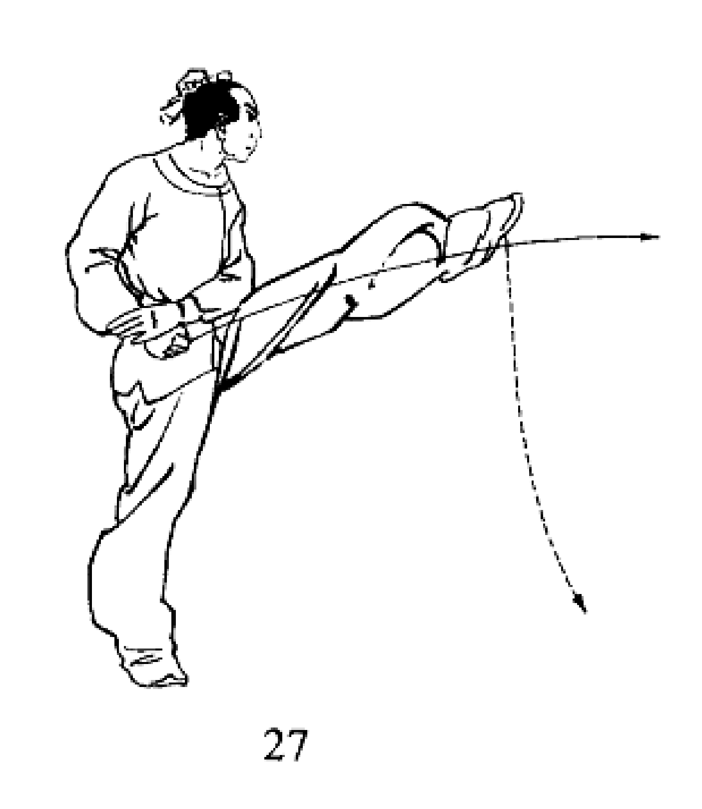
Movements:

(1) Turn toes of left foot inward and those of right foot outward and turn torso from the right backward to face east; open right fist, palm facing downward. With the turning of torso, move right palm horizontally; stretch left leg and bend right leg at knee to form a right bow step. Look at right palm (Fig. 25)

(2) Without any pause, turn right palm upward by rotating right forearm externally, clench it into fist and pull it suddenly and forcibly back to the side of right waist, elbow bent and palm side of fist facing upward; meanwhile, turn torso rightward, turn toes of right foot outward, take half a step forward with left foot and squat down to form a seates step with right leg in front and left heel raised. Look straight ahead to the due east. (Fig. 26)

Points to remember:

The movements described above should be performed continuously without any breaks; the rotating of torso should be swift, the moving of right palm horizontal and the pulling back of right fist forceful.

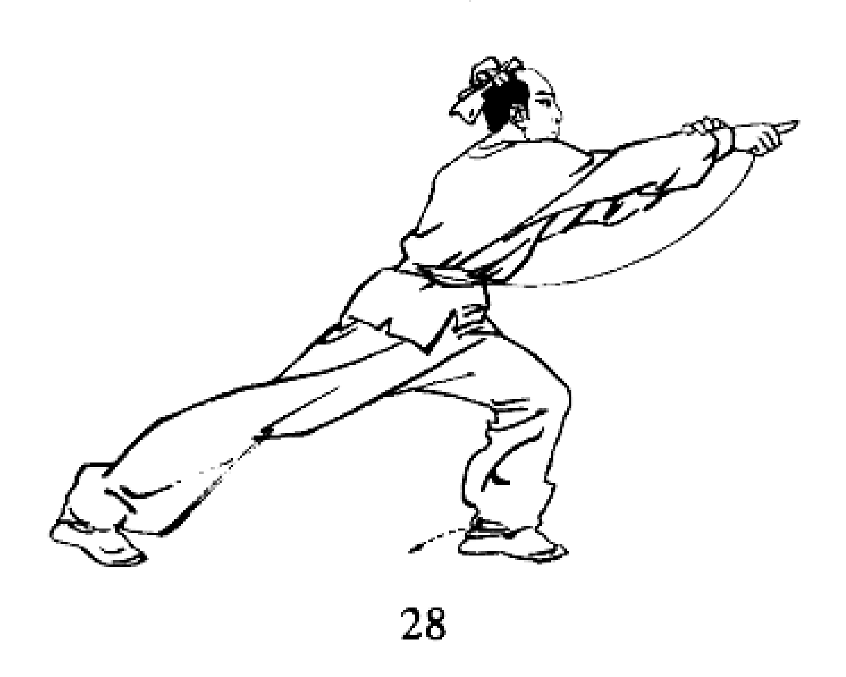


27

十三：踢腿抉目

動作分解：

①右腿直起站立，左腿同時從身後向東北斜前方踢出；左脚脚面綳平，脚尖朝前，眼看左脚（圖27）。②左脚向東北斜前方落步，左腿屈膝半蹲，右腿挺膝伸直，或成左勢弓箭步；右拳同時將食指和中指伸直、分開、臂內旋，向東北斜前方直臂伸出，手心朝下；眼看右手（圖28）。③右手臂半旋使手心朝上，食指和中指仍然屈曲，變拳緊握，屈肘收抱於右腰側，拳心朝上；上身同時後移，右腿屈膝半蹲，左腿稍直，左脚後移半步以脚前掌虛沾地面，成爲虛步；眼仍向東北斜前平方視（圖29）。



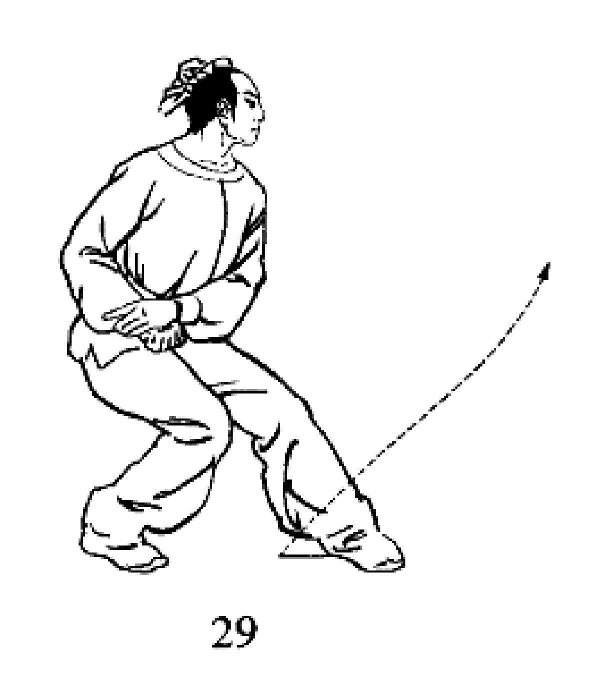
28

13. KICK UP FOOT AND GOUGE OUT THE ENEMY'S EYES

Movements:

(1) Straighten up right leg and at the same time kick left foot obliquely forward in the northeast direction with ankle straightened and toes pointing forward. Look at left foot. (Fig. 27)

(2) Land left foot on ground in the northeast direction, bend left leg at knee and stretch right leg to form a left bow step; meanwhile, stretch out the forefinger and middle finger of right fist to form a "V" and extend them forward toward the northeast with palm side turned downward by rotating forearm internally. Look at right hand. (Fig. 28)



29

要領說明：

踢腿時，左腳腳面必須繃平，腿部和腳部肌腱暫時投入緊張狀態；兩腿均要伸直，左腳要高過腰部，右腳要站立穩固。②右手直臂前伸，動作要迅速，兩指高與眼齊，如抉對方兩眼狀。③虛步要使身體重心坐於右腿，兩腳虛實必須分明。

(3) Rotate right forearm externally so that right palm faces upward, clench right palm into fist and withdraw it with bent elbow to the right side of waist; meanwhile, shift torso backward, bend right leg at knee, slightly straighten left leg, and move left foot half a step backward with its ball touching ground to form a left empty step. Look straight ahead to the northeast. (Fig. 29)

Points to remember:

(1) Kick up left foot with ankle straightened and leg and foot muscles and tendons tightened. Both legs should be unbent, left foot raised a bit higher than waist level, and right foot firmly planted on ground.

(2) Swiftly reach out the forefinger and middle finger of right hand with elbow unbent to eye level in a stance for gouging out the enemy's eyes.

(3) In the empty step, there must be a clear distinction between a solid step with one foot and an empty step with the other. Weight should rest on right leg.

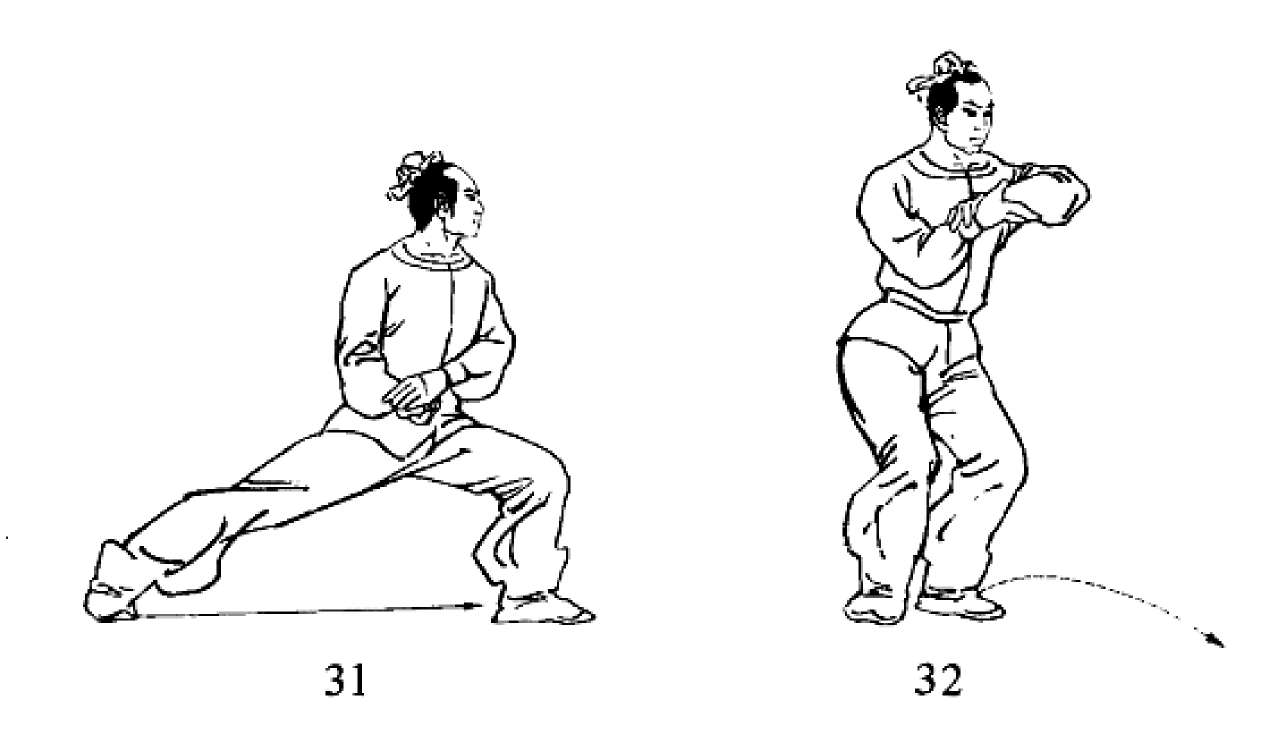


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十四、踢腿蹽步前掃

動作分解：

①右腿直起站立，左腿向東北斜前方踢出；左脚脚面繃平，脚尖朝前；眼看左脚（圖30）。②左脚向東北斜前方落步，左腿屈膝，右腿伸直（圖31）。③上動不停，右脚立即從後向前擦着地面迅速蹽碰左脚，右腿隨勢屈膝（圖32）。④上動不停，左脚在右脚蹽碰的同時，向東北斜前方上步，左腿屈膝，右腿伸直（圖33）。⑤上動不停，左脚尖外展，上身從左向後轉，右脚貼着地面向東北斜前方掃轉半周（圖34）。



31 32

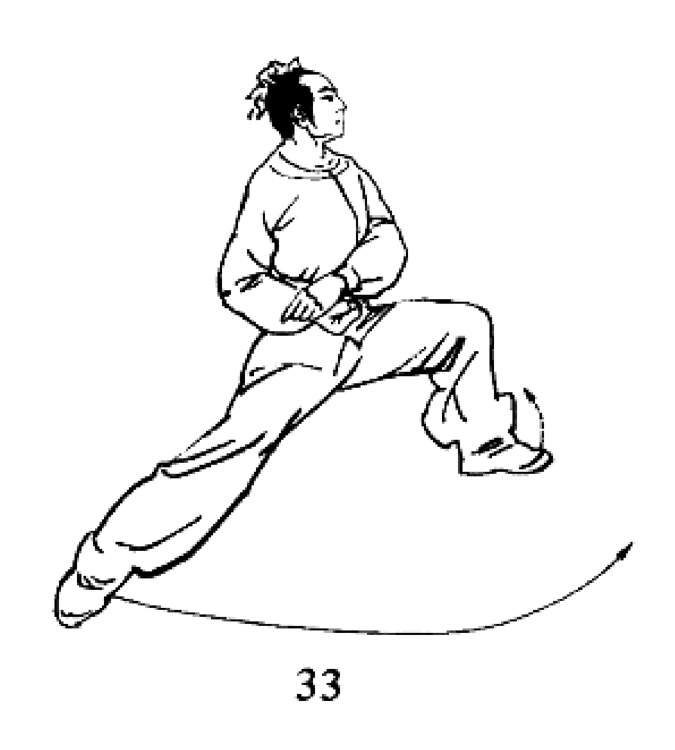
14. KICK UP FOOT, STRIKE FOOT AND SWEEP LEG FORWARD

Movements:

(1) Straighten up right leg and kick left foot obliquely forward in the northeast direction with ankle at straightened and toes pointing forward. Look at left foot. (Fig. 30)

(2) Land left foot on ground in the northeast direction, bend left leg and stretch right leg. (Fig. 31)

(3) Without any pause, bring right foot forward with sole flat on ground to strike left foot and then bend right leg at knee: (Fig. 32)



33

要領説明：

同第十一動的掃腿及第十三動的踢腿。



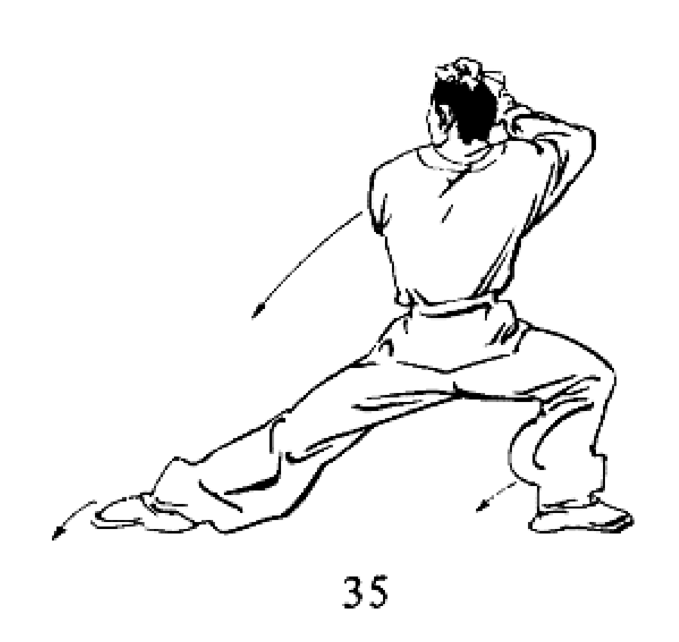
34

(4) Immediately striking left foot with right foot, take a step forward to the northeast with left foot and bend left leg at knee while stretching right leg. (Fig. 33)

(5) Without any pause, turn toes of left foot outward, rotate torso backward from the left and sweep right leg forward to the northeast in a semi-circle with sole kept flat on ground. (Fig. 34)

Points to remember:

The same as those for leg sweeping in Exercise 11 and kicking in Exercise 13.



35

十五：弓步撞肘

動作分解：

上身前移，左腿在後挺膝蹬直，右腿屈膝半蹲，成為右勢弓箭步；右拳以小臂肘後側為力點，向東北斜前方橫撞，拳眼朝下；左手仍握右拳腕；眼向西北斜方平視（圖35）。

要領說明：

同第十動的弓步撞肘。

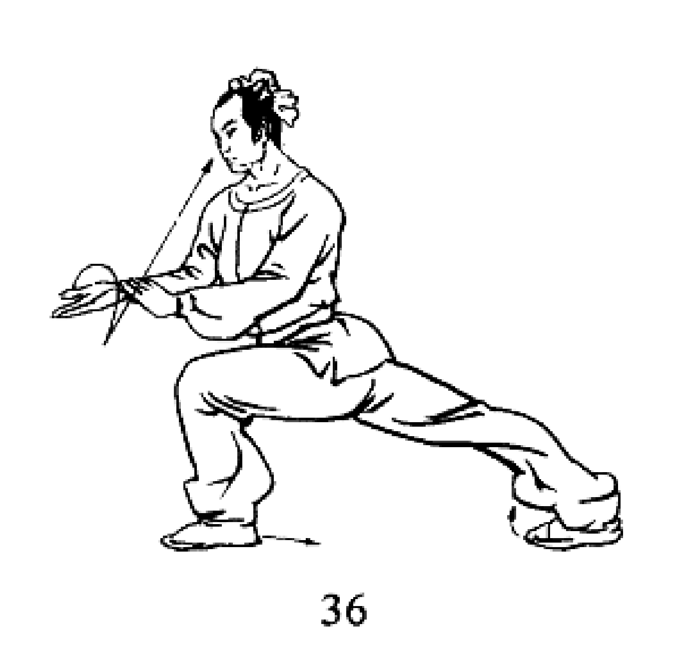
15. STRIKE WITH FOREARM IN BOW STEP

Movements:

Shift torso forward, stretch left leg in the rear and bend right leg at knee to form a right bow step; thrust right forearm forward horizontally in the northeast direction with force focused on its upper part and thumb side of right fist facing downward; left hand still holds right wrist. Look straight ahead to the northwest. (Fig. 35)

Points to remember:

The same as those for Exercise 10.



36



37

十六、掌劈架肘

動作分解：

①右脚尖裏扣，左脚尖外展，上身左轉對向西南斜方，左腿屈膝半蹲，右腿挺膝伸直，成爲左勢弓箭步；右拳變掌，在上身左轉的同時，臂外旋使掌心朝上，直臂從右側上方向身前下方弧形斜劈；眼向西南斜前方下視（圖36）。②右掌以腕關節爲軸向右、向上、向左、向下繞環，臂隨之內旋，掌心繞向下方，五指屈曲變拳緊握，從前下方屈肘收於右耳側方，拳眼朝下，拳心朝外；上身同時後移，右腿隨之屈膝半蹲，左脚向後移回半步，以脚前掌虛沾地面，左腿屈膝，成爲虛步（圖37）。

要領說明：

劈掌必須以小指外側爲力點，向下用力劈砍；變拳架肘必須使屈肘的動作與左脚後移的動作配合一致。弓箭步和虛步的要領同前所述。

16. RAISE ELBOW AND HACK WITH PALM

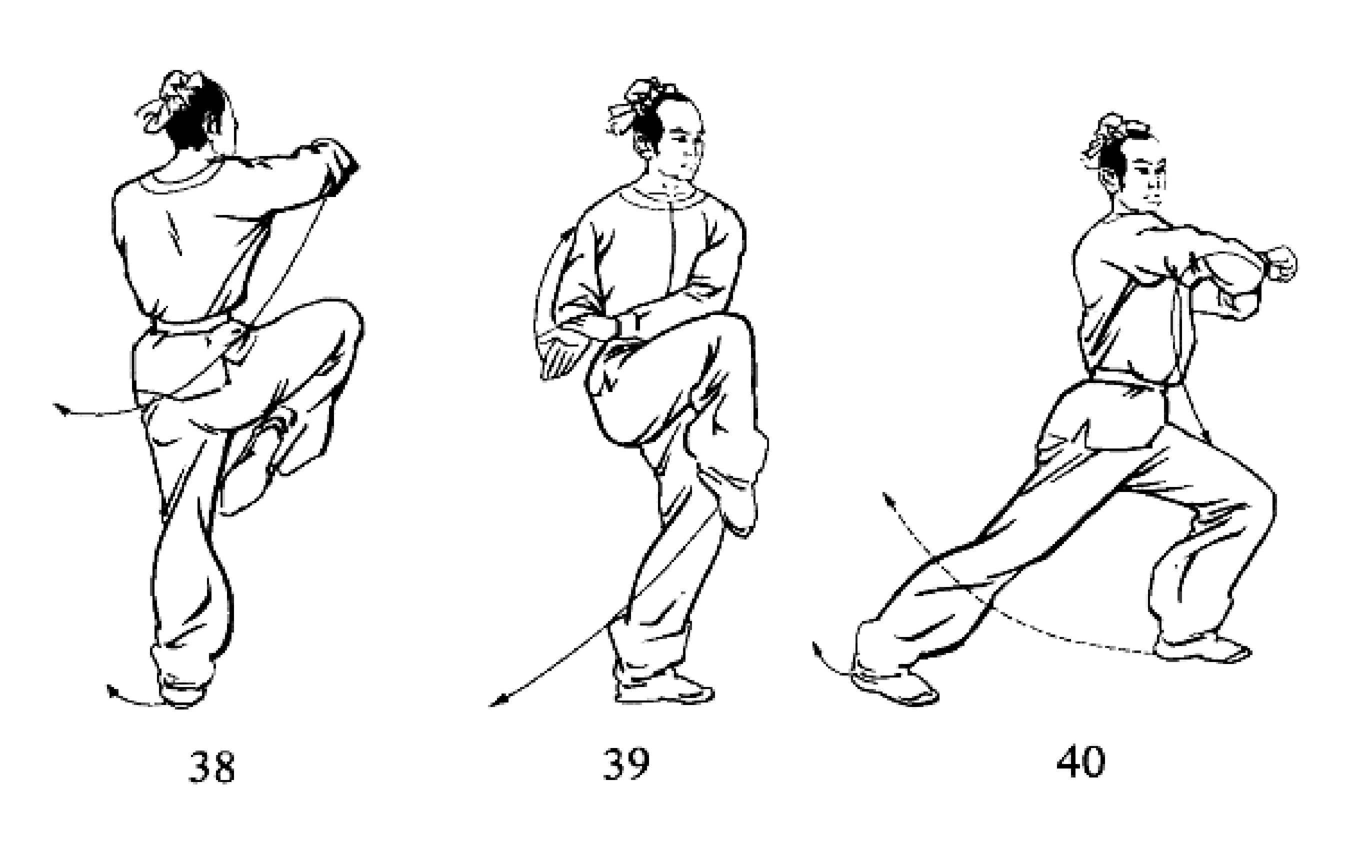
Movements:

(1) Turn toes of right foot inward and those of left foot outward, rotate torso leftward to face southwest, bend left leg at knee into a half squat and stretch right leg to form a left bow step; open right fist, turn palm upward by rotating forearm externally when torso turning leftward, and then with elbow unbent, cut down with palm from the upper right to the front of body in an arc. Look obliquely downward to the southwest. (Fig. 36)

(2) Right palm, using wrist as the axis, describes a circle rightward, upward, leftward, and downward until palm faces downward. Clench right palm into fist and pull it with bent elbow to the side of right ear, thumb side of fist facing downward and palm side outward; shift torso backward, bend right leg at knee into a half squat, take a step backward with left foot and bend left leg with the ball of left foot resting on ground to form a left empty step. (Fig. 37)

Points to remember:

Cut right palm down with force focused on its ulnar side. The changing of right palm into fist and the lifting of right arm should be coordinated with the forming of empty step with left leg.

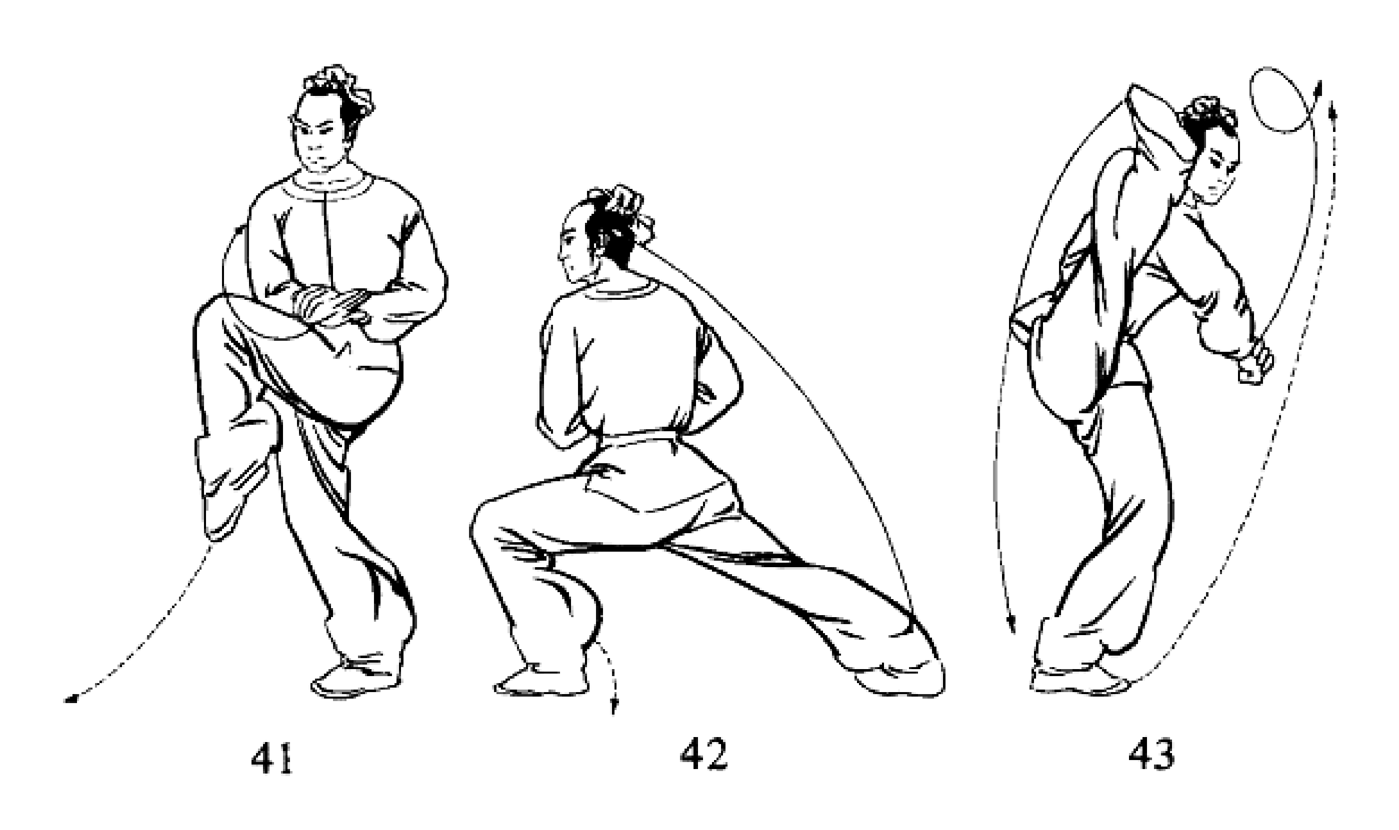


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十七、轉身旋風脚：

動作分解：

①左脚跟外展落地踏實，左腿直起站立，上身從右向後轉，右腿屈膝提起（圖38）。②上動不停，左脚跟續向外展，上身右轉對向東南斜方；右拳變掌，用掌背從上向下、向右拍擊右大腿（圖39）。③上動不停，右脚向西南斜方落步，右腿伸直，左腿屈膝；右掌變拳，從右側下方向上，向左，屈肘弧形繞行（圖40）。④上動不停，右脚跟裏轉，上身右轉對向西南斜方，左腿屈膝提於身前；右拳再變掌，從左向右、向下、向左，用掌心拍擊左大腿（圖41）。⑤上動不停，左脚向西南斜前方落步，左腿屈膝，右腿伸直；右掌隨之從左側移於右腰側（圖42）。⑥上動不停，左脚跟外展，左腿直立，上身從右向後轉，右腿隨之向上身右外側，直腿擺起，右掌垂於襠前（圖43）。⑦上動不停，左脚蹬地跳起，身體懸空；在空中，右腿續向右、向下擺動；左腿從下向左前方、向上、向額前，直腿裏合跨擺，左脚踝關節內屈，使脚底朝右，脚尖朝向額前；右



41 42 43

17. WHIRLWIND STEP WITH BODY TURNS

Movements:

(1) Turn left heel outward, straighten up left leg, rotate torso rightward to the back and raise right knee. (Fig. 38)

(2) Without any pause, continue to turn left heel outward and rotate torso rightward to face southeast; open right fist into palm and swing it downward and rightward to slap right thigh with its back. (Fig. 39)

(3) Without any pause, land right foot on ground in the southwest direction, stretch right leg and bend left leg at knee; change right palm into fist and swing it upward and leftward in a curve from the right with elbow bent. (Fig. 40)

(4) Without any pause, turn right heel inward, rotate torso rightward to face southwest and raise left knee in front of body; turn right fist into palm, swing it rightward, downward and leftward from the left to slap left thigh. (Fig. 41)

(5) Without any pause, land left foot on ground in the southwest direction, bend left leg at knee and stretch right leg; at the same time, pull right palm from the left



44



45

掌在左脚向額前跨擺的同時，從襠前屈肘擧至臉前，向右、向前、向左繞一小環，用掌心在額前拍擊左脚脚底（圖44）。⑧上身在空中隨左腿跨擺之勢，續向右轉對向正南方；右脚落地，脚跟裏轉，使脚尖朝向正西方；左腿即屈膝提於身前，左脚脚面繃平，脚尖朝下；右掌變拳，從額前屈肘移於右耳側，拳眼朝下，拳心朝外；眼向正南前方平視（圖45）。

要領說明：

①上述分解動作，要連貫起來做，中間不要停頓。②旋風脚的擊拍動作必須在右脚尚未落地之前完成，擊拍要準、要响。③右脚落地時，站立必須穩固，不要使脚步移動或跳動、左脚不要着地。

side to the right side of waist. (Fig. 42)

(6) Without any pause, turn left heel outward, straighten up left leg, rotate torso backward from the right, and simultaneously swing up right leg sideways with knee unbent, right palm hanging down in front of crotch. (Fig. 43)

(7) Without any pause, leap into the air with a drive of left foot and continue swinging right leg rightward and downward while in flight; swing left leg forward to the left and upward toward forehead with knee unbent and bend left ankle inward so that sole faces rightward and toes point to forehead; while left leg swings toward forehead, raise right palm from crotch to the front of face and then move it rightward, forward, and leftward in a small circle. Slap left sole with right palm in front of forehead. (Fig. 44)

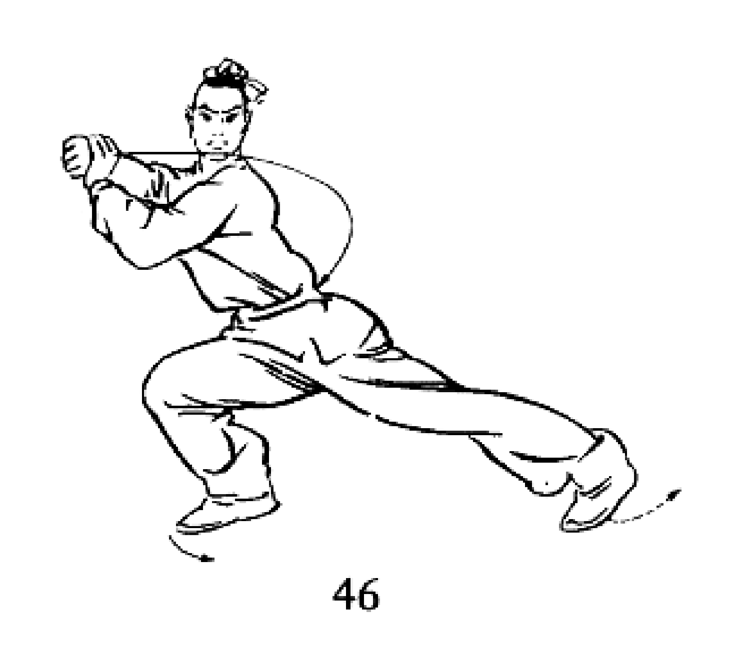
(8) Continue turning torso rightward until it face due south as left leg swings up; after landing on right foot, turn its heel inward so that its toes face due west; at the same time, raise left knee in front of body with ankle straightened and toes pointing downward; clench right hand into fist and move it to the side of right ear, elbow bent, thumb side of fist facing downward and palm side outward. Look ahead toward due south. (Fig. 45)

Points to remember:

(1) The movements described above should be done continuously without any breaks.

(2) The slapping of sole with palm should be accurate and resounding and executed before right foot lands on ground.

(3) After landing, right foot must stand firm on ground with left foot suspended.

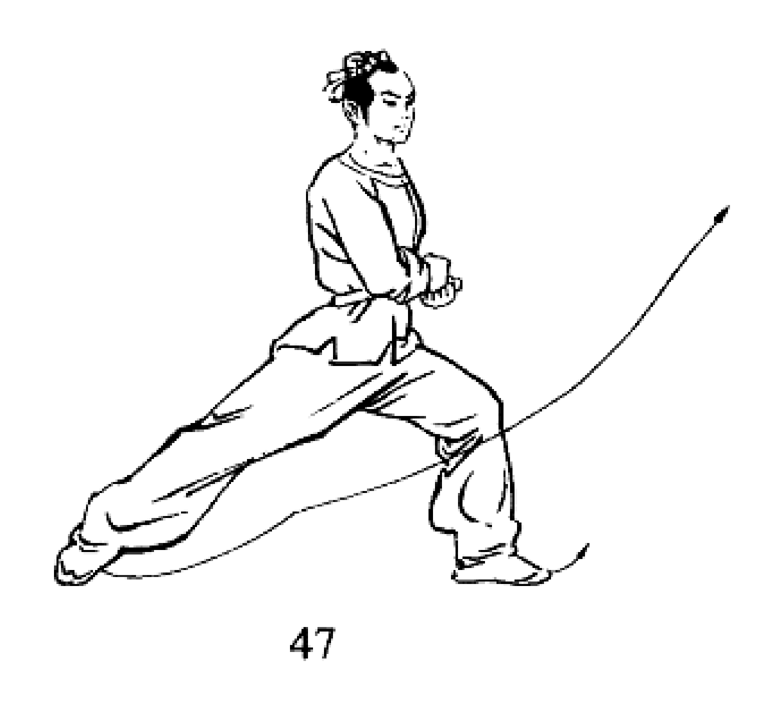


46

十八、左右踢腿

動作分解：

①右腿屈膝半蹲，左脚向東南斜方伸出落地，左腿挺膝伸直（圖46）。②上動不停，左脚尖外展，上身向左前移，左腿同時屈膝略蹲，右拳隨之從右耳側沉向左腰側，右脚尖裏扣，右腿挺膝伸直，眼向東南斜前方平視（圖47）。③左脚尖外展，左腿伸直站立；右腿向東南斜前方踢出，右脚脚面繃平，脚尖朝前；眼看右脚（圖48）。④右脚向東南斜前方落步，右腿屈膝略蹲；上身稍向右轉，左手鬆開右拳腕，變拳，拳心朝下，與右拳一起從左腰側移向右腰前；右拳臂外旋，使拳心朝上，與左拳上下相疊（圖49）。⑤左拳鬆開，仍握牢右拳腕；右腿伸直站立，左腿向東南斜前方踢出，左脚脚面繃平，脚尖朝前；眼看左脚（圖50）。



47

18. KICK LEFTWARD AND RIGHTWARD

Movements:

(1) Bend right leg at knee into a half squat, extend left foot obliquely to the southeast, land it on ground and stretch left leg. (Fig. 46)

(2) Without any pause, turn toes of left foot outward, shift torso forward to the left while bending left leg at knee into a half squat. At the same time bring right fist from the side of right ear to the left side of waist, turn toes of right foot inward, stretch right leg and look ahead to the southeast. (Fig. 47)

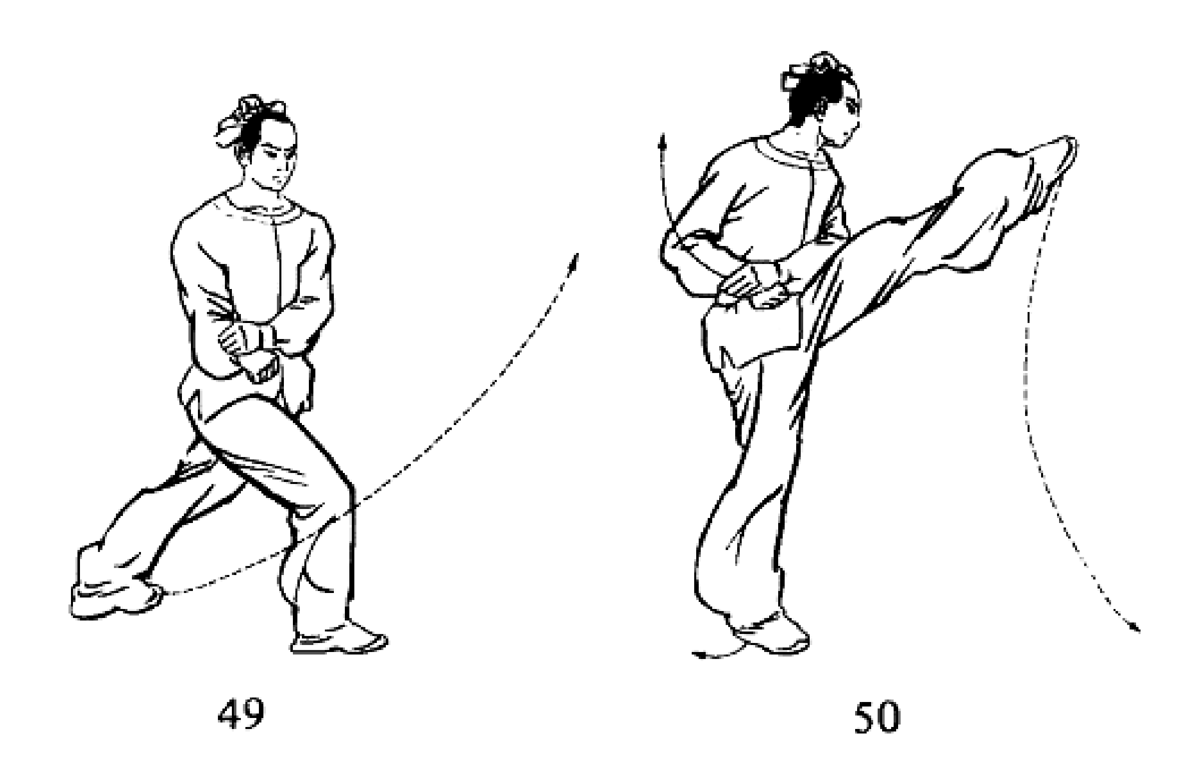
(3) Turn toes of left foot outward and straighten up left leg; kick right foot obliquely forward in the southeast direction with ankle straightened and toes pointed. Eyes look at right foot. (Fig. 48)



48

要領說明：

同第十三動的踢腿。



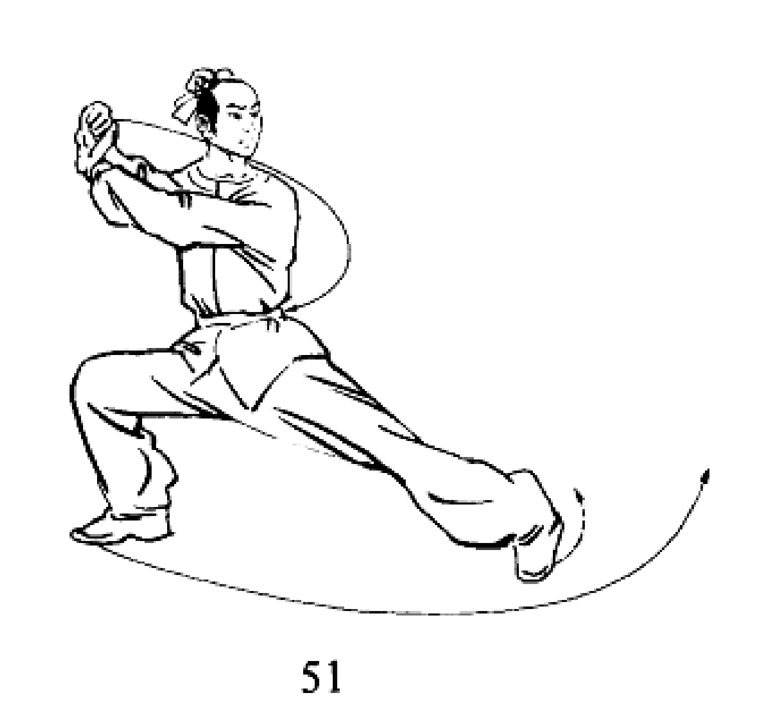
49　　50

(4) Land right foot forward on ground in the southeast direction and bend right leg at knee to drop to a half squat; rotate torso slightly rightward, let go left hand's grip of right wrist, clench left hand into fist, palm side turned downward, and move both fists from left waist side to the front of the right side of waist; turn palm side of right fist upward by rotating forearm externally so that both fists cross with one on top of the other. (Fig. 49)

(5) Open left fist to hold right wrist again; straighten up right leg and kick left foot obliquely forward in the southeast direction, ankle straightened and toes pointing forward. Look at left foot. (Fig. 50)

Points to remember:

The same as those for Exercise 13.



51

十九、前掃

動作分解：

①左脚向東南斜前方落地，左腿伸直，右腿屈膝；左手和右拳屈肘舉向右耳側，右拳拳眼朝下，拳心朝外（圖51）。②上動不停，左脚尖外展，左腿屈膝，右腿隨之挺膝伸直，上身從左向後轉，右脚貼着地面向前掃轉半周；掃之後，左手和右拳收於右腰側（圖52）。

要領說明：

同第十一動的掃腿。



52

19. SWEEP LEG FORWARD

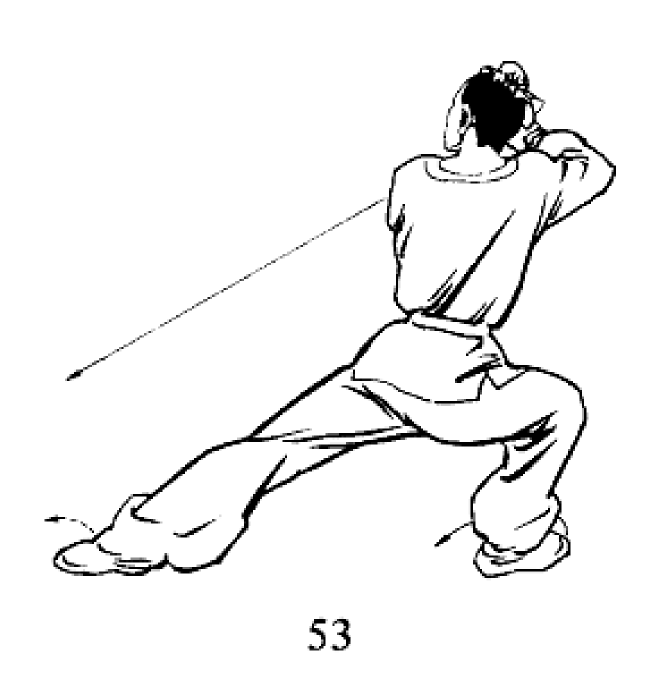
Movements:

(1) Move left foot obliquely forward in the southeast direction and land it on ground with leg stretched and right leg bent at knee; raise left palm and right fist to the side of right ear, thumb side of fist facing downward and palm side forward. (Fig. 51)

(2) Without any pause, turn toes of left foot outward, bend left leg at knee and stretch right leg; with the turning of torso from the left to the back, sweep right leg forward in a semi-circle with sole flat on ground; after the sweeping, pull left palm and right fist to the right side of waist. (Fig. 52)

Points to remember:

The same as those for the leg sweeping in Exercise 11.



53

二十、弓步撞肘

動作分解：

左脚尖裏扣，右脚尖外展，上身右移，左腿挺膝蹬直，右腿屈膝半蹲，成為右勢弓箭步；右拳以小臂肘後側為力點，向右前方橫撞，拳眼朝下，左手仍握右拳腕；眼向西北斜方平視（圖53）。

要領說明：

同第十動的弓步撞肘。

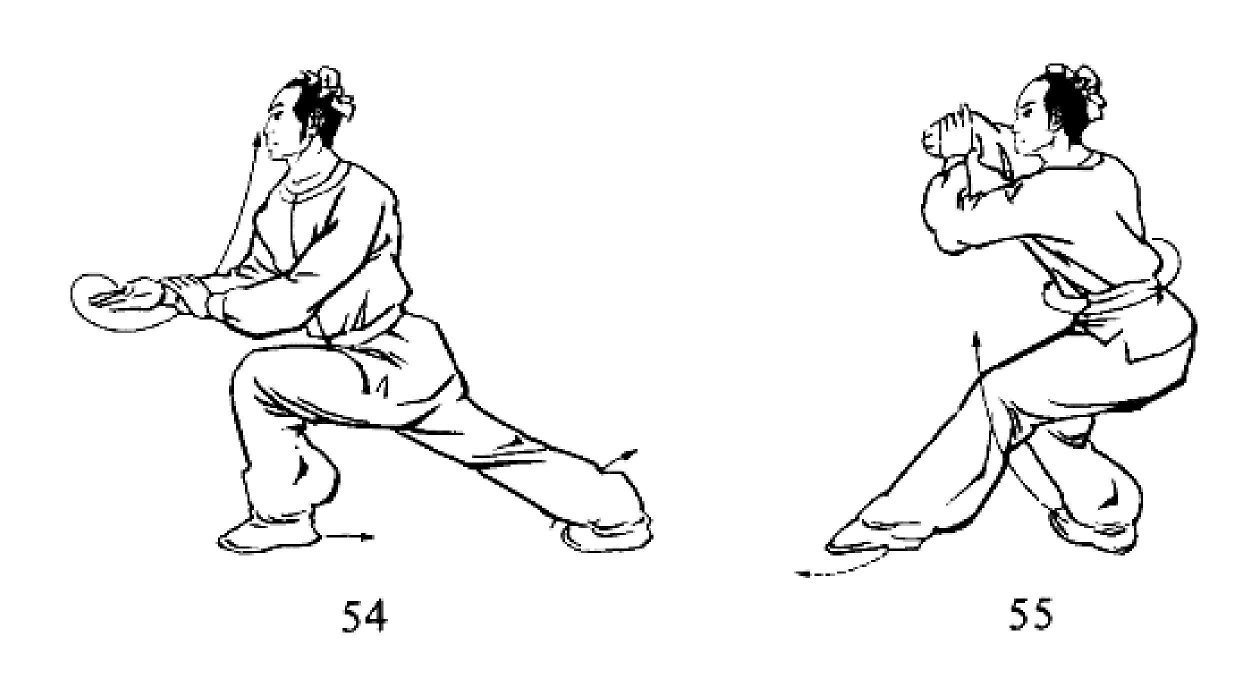
20. STRIKE WITH FOREARM IN BOW STEP

Movements:

Turn toes of left foot inward and those of right foot outward, shift torso to the right, stretch left leg and bend right leg at knee to form a right bow step; thrust right forearm horizontally forward with force focused on its upper part, thumb side of right fist facing downward, left hand still holding right wrist and eyes looking straight ahead to the northwest. (Fig. 53)

Points to remember:

The same as those for Exercise 10.



54　　55

二十一、劈掌架肘

動作分解：

①左脚尖外展，右脚尖里扣，上身左轉，左腿屈膝半蹲，右腿挺膝伸直，成爲左勢弓箭步；右拳變掌，在上身左轉的同時，臂外旋使掌心朝上，直臂從右側上方向身前下方弧形斜劈；眼向前下視（圖54）。②右掌以腕關節爲軸向右、向上、向左、向下繞環，臂隨之內旋，掌心繞向下方，五指屈曲變拳緊握，從前下方屈肘收於右耳側方，拳眼朝下，拳心朝外；上身同時後移，右腿隨之屈膝半蹲，左脚向後移回半步，以脚前掌虛沾地面，左腿屈膝，成爲虛步（圖55）。

要領說明：

同第十六動的劈掌架肘。

21. RAISE ARM AND HACK WITH PALM

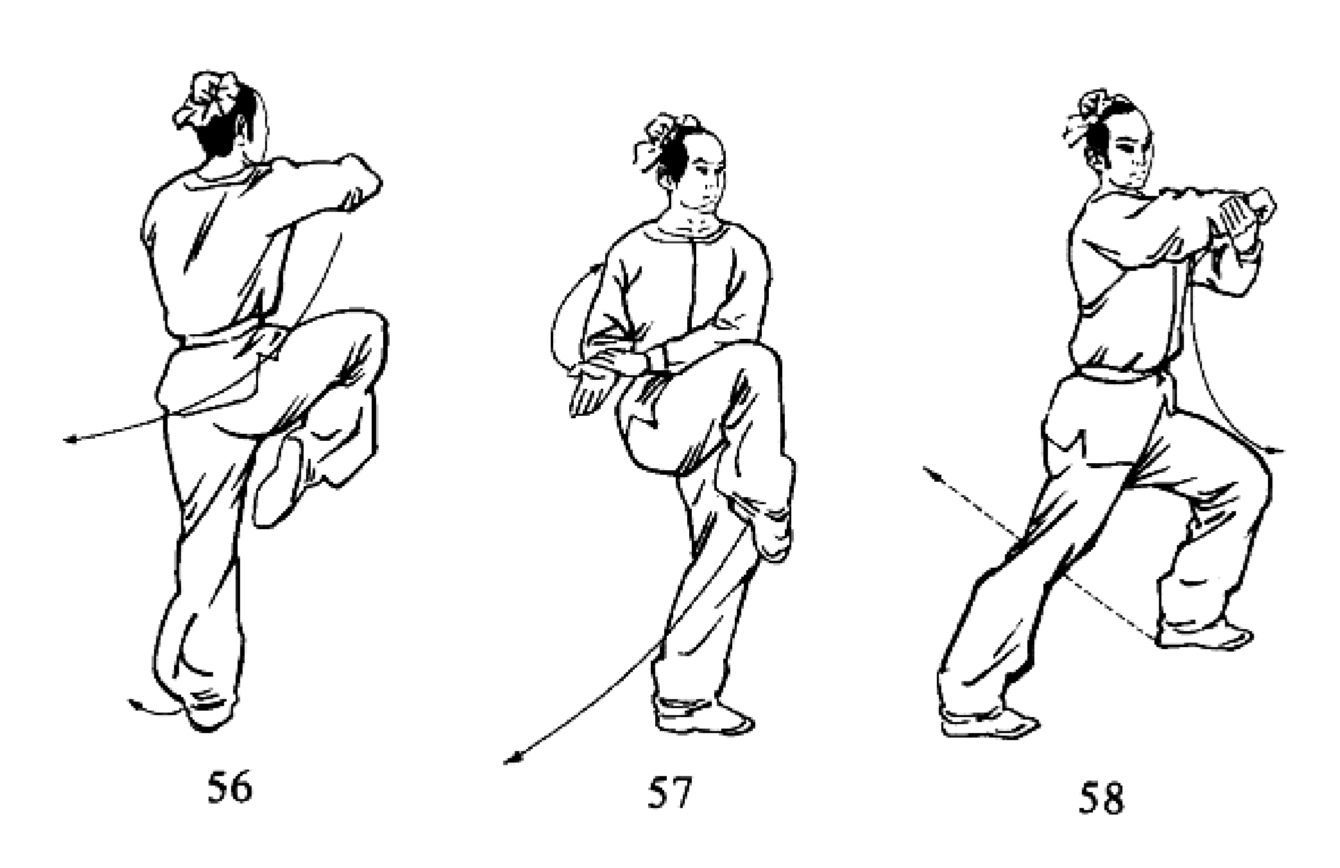
Movements:

(1) Turn toes of left foot outward and those of right foot inward, rotate torso leftward, bend left leg at knee with right leg stretched to form a left bow step; open right fist into palm, turn palm upward by rotating forearm externally when torso turns leftward, and then cut right palm downward with elbow unbent from the right upper in an arc to the front of body. Eyes look obliquely downward to the front. (Fig. 54)

(2) Right palm, using wrist as the axis, describes a circle rightward, upward, leftward and downward. At the same time, rotate right forearm internally until right palm faces downward. Change right palm into fist and pull it from the front of body with elbow bent to the side of right ear, thumb side of fist facing downward and palm side forward; meanwhile, move torso backward, bend right leg at knee, take half a step backward with left foot resting its ball on ground and bend left leg to form a left empty step. (Fig. 55)

Points to remember:

The same as those for Exercise 16.

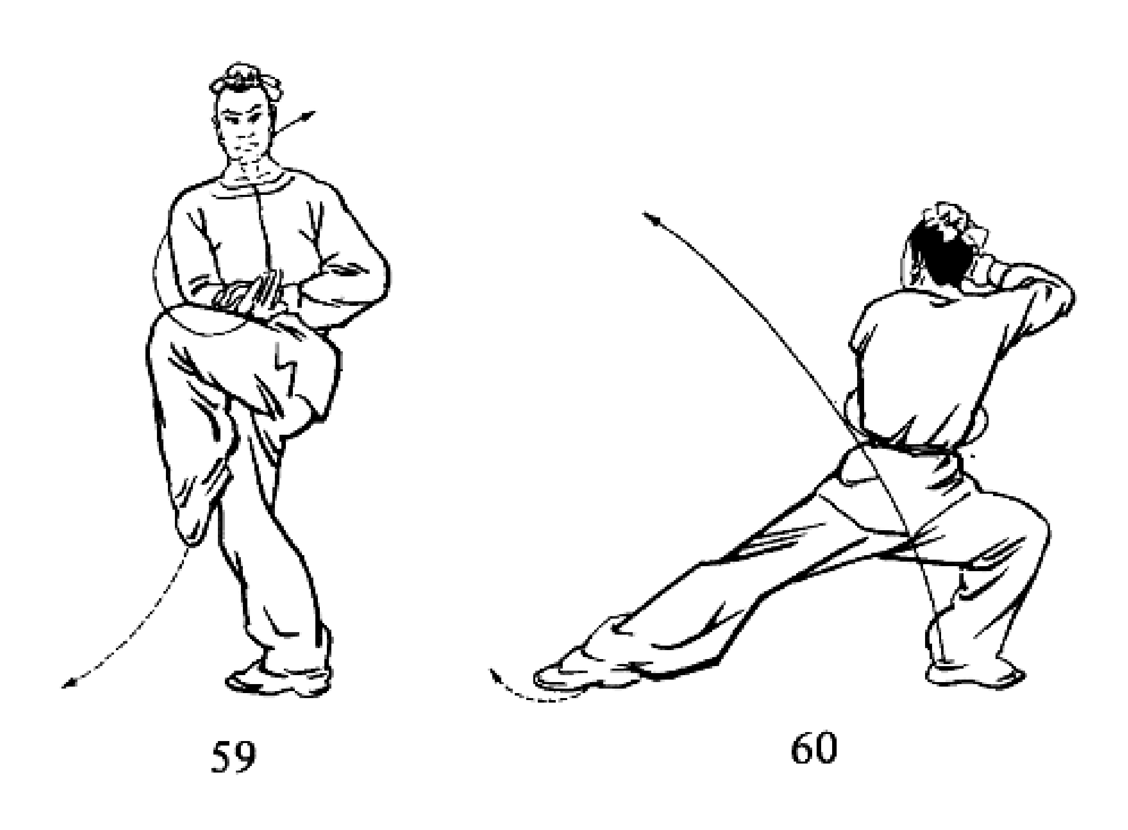


56　　57　　58

二十二、轉身旋風脚

動作分解：

①左脚跟外展落地踏實，左腿直起站立，上身從右向後轉，右腿屈膝提起（圖56）。②上動不停，左脚跟續向外展，上身右轉；右拳變掌，用掌背從上向下、向右拍擊右大腿（圖57）。③上動不停，右脚向西南斜方落步，右腿伸直，左腿屈膝；右掌變拳，從右側下方向上、向左屈肘弧形繞行（圖58）。④上動不停，右脚跟裏轉，上身右轉，左腿屈膝提於身前；右拳變掌，從左向右、向下、向左用掌心拍擊大腿(圖59)。⑤上動不停左脚向西南斜方落步，左腿伸直，右腿屈膝；右掌變拳，舉於右耳側（圖60）。⑥上動不停，左脚跟外展，左腿直立，右腿直起；上身從右向後轉，右腿隨之從下向上身右外側直腿外擺，右拳和左手垂於襠前（圖61）。⑦上動不停，左脚蹬地跳起，身體懸空；在空中，右腿續向右、向下擺動；左腿從下向左前方、向上、向額前直腿裏合跨擺，左脚踝關節內屈，使脚底朝右，脚尖朝向額前；右拳變掌，在左脚向額前跨擺的同時，



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22. WHIRLWIND STEP WITH BODY TURNS

Movements:

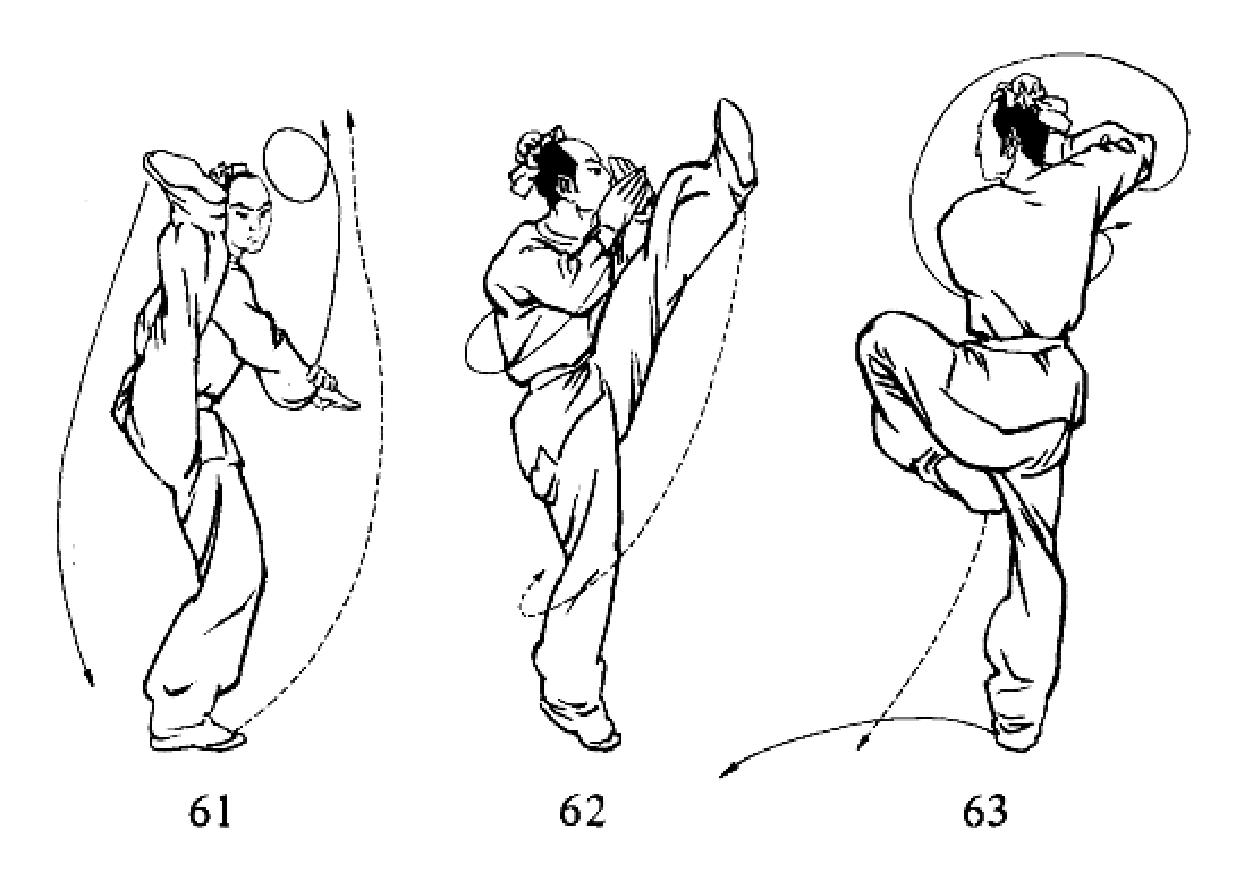
(1) Turn left heel outward, straighten up left leg, rotate torso rightward to the back and raise right knee. (Fig. 56)

(2) Without any pause, continue to turn left heel outward and rotate torso rightward; open right fist into palm and swing it downward and rightward to slap right thigh with its back. (Fig. 57)

(3) Without any pause, land right foot in the southwest direction, stretch right leg and bend left leg at knee; change right palm into fist and swing it upward and leftward in a curve from the right with bent elbow. (Fig. 58)

(4) Without any pause, turn right heel inward, rotate torso rightward and raise left knee in front of body; turn right fist into palm and swing it rightward, downward and leftward to slap left thigh. (Fig. 59)

(5) Without any pause, land left foot forward on ground in the southwest direction, stretch left leg and bend right leg at knee; turn right palm into fist and pull it to the side of right ear. (Fig. 60)



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與左手一起從襠前屈肘舉至臉前，向右、向前、向左繞一小環，用掌心在額前拍擊左脚脚底(圖62)。⑧上身在空中隨左腿跨擺之勢，續向右轉對向西北斜前方；右脚落地，右腿伸直；左腿即屈膝提於身前，左脚脚面繃平，脚尖朝下；右掌變拳，從額前屈肘移於右耳側，拳眼朝下，拳心朝外；眼向西北斜前方平視（圖63）。

要領說明：

同第十七動的轉身旋風脚。

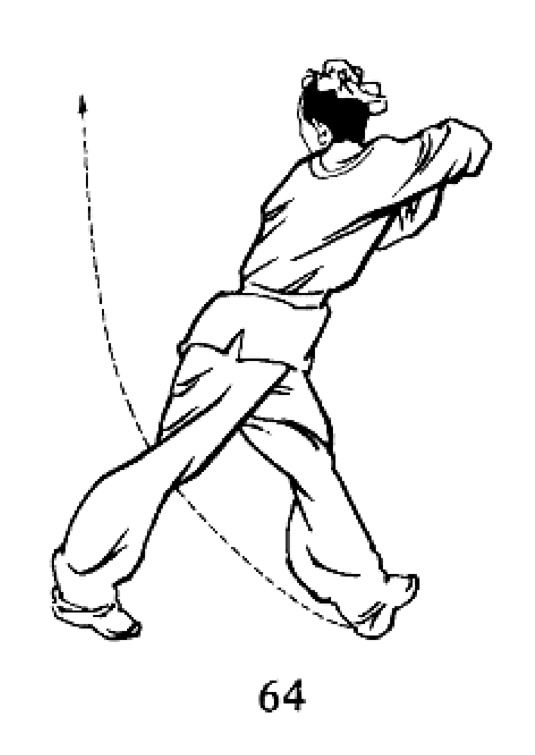
(6) Without any pause, turn left heel outward, straighten up left leg and unbend right leg; turn torso backward from the right and simultaneously swing right leg upward and outward to the right, right fist and left palm hanging down in front of crotch. (Fig. 61)

(7) Without any pause, leap into the air with a drive of left leg and continue to swing right leg rightward and downward while in flight; swing left leg forward to the left and upward toward forehead with knee unbent and bend left ankle inward so that sole faces rightward and toes point to forehead; while left leg swings toward forehead, open right fist into palm, raise it together with left hand from crotch to the front of face and then move them rightward, forward and leftward in a small circle. Slap left sole with right palm in front of forehead. (Fig. 62)

(8) Continue turning torso rightward to face northwest as left leg swings up; straighten right leg after right foot lands on ground; at the same time, raise left knee in front of body with ankle straightened and toes pointing downward; clench right hand and move it to the side of right ear, elbow bent, thumb side of fist facing downward and palm side outward. Look straight ahead to the northwest. (Fig. 63)

Points to remember:

The same as those for Exercise 17.



64

二十三、叉步抓手

動作分解：

左脚向西北斜前方落地，脚尖朝向東北斜方；右脚隨之從左腿後面向左側偸步，兩腿交叉；右拳鬆開在左脚落地時從右耳側屈肘向上、向左繞行，在右脚偸步時繼續抓攏握緊向下、向右繞行拉回，拳心朝下；眼向西北斜前方平視（圖64）。

要領說明：

左脚落地和右拳鬆開向左繞行，右脚偸步和右手抓攏握緊向右繞行拉回，都必須手步協調，配合恰當；兩腿交叉後，右肘在右側平舉，肘尖稍高過肩，大臂與小臂要屈攏，左手仍握住右拳腕。

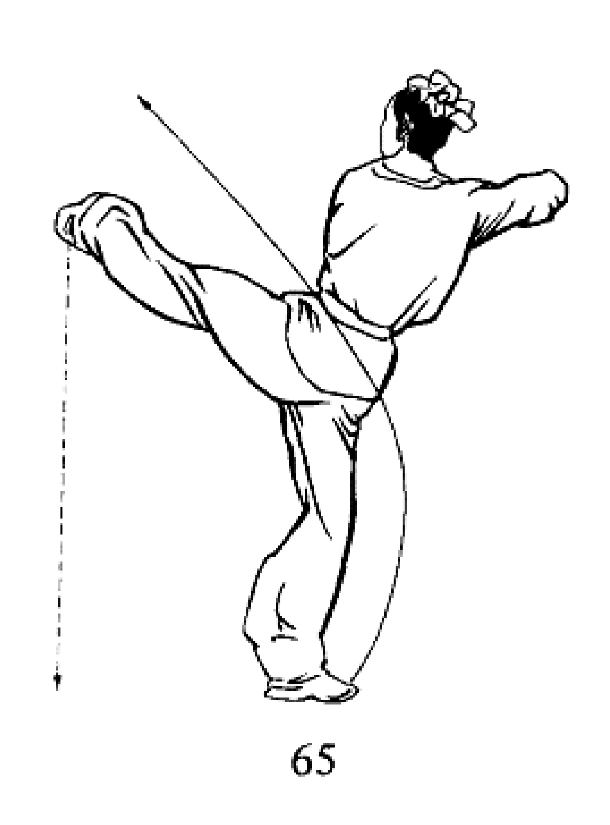
23. CROSS LEGS AND SEIZE WITH HAND

Movements:

Left foot takes a step obliquely forward and lands on ground in the northwest direction with toes pointing to the northeast; right foot takes a step backward to the left behind left foot so that both legs cross; open right fist into palm, move it with elbow bent from the side of right ear upward and leftward in a curve when left foot lands on ground and turn it into fist again and pull it downward and rightward in a curve when right foot takes a step backward behind left foot to cross legs, palm side of right fist facing downward and eyes looking straight ahead to the northwest. (Fig. 64)

Points to remember:

The movements of hands and feet should be well coordinated; after legs cross, raise right elbow horizontally in front of the right side of chest with its tip a bit above shoulder level and left hand still holding right wrist.



65

二十四、側踹

動作分解：

右腿直立，左脚以脚底爲力點向西北斜前方蹬伸側踹，脚外側朝上；眼看左脚（圖65）。

要領說明：

側踹必須用力蹬伸，側踹的高度必須過腰；上身稍向右側傾，支撐要穩固，兩脚均須伸直。

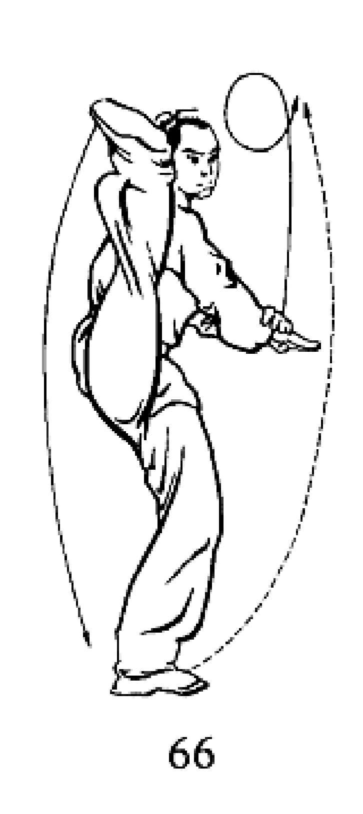
24. KICK SIDEWAYS

Movements:

Straighten up right leg and kick left foot obliquely forward in the northwest direction with knee unbent, inner side of foot facing downward and force focused on sole. Look at left foot. (Fig. 65)

Points to remember:

The kick should be delivered with force above waist level. Torso should lean toward the right. Stand firm on the other foot and keep both legs straight.

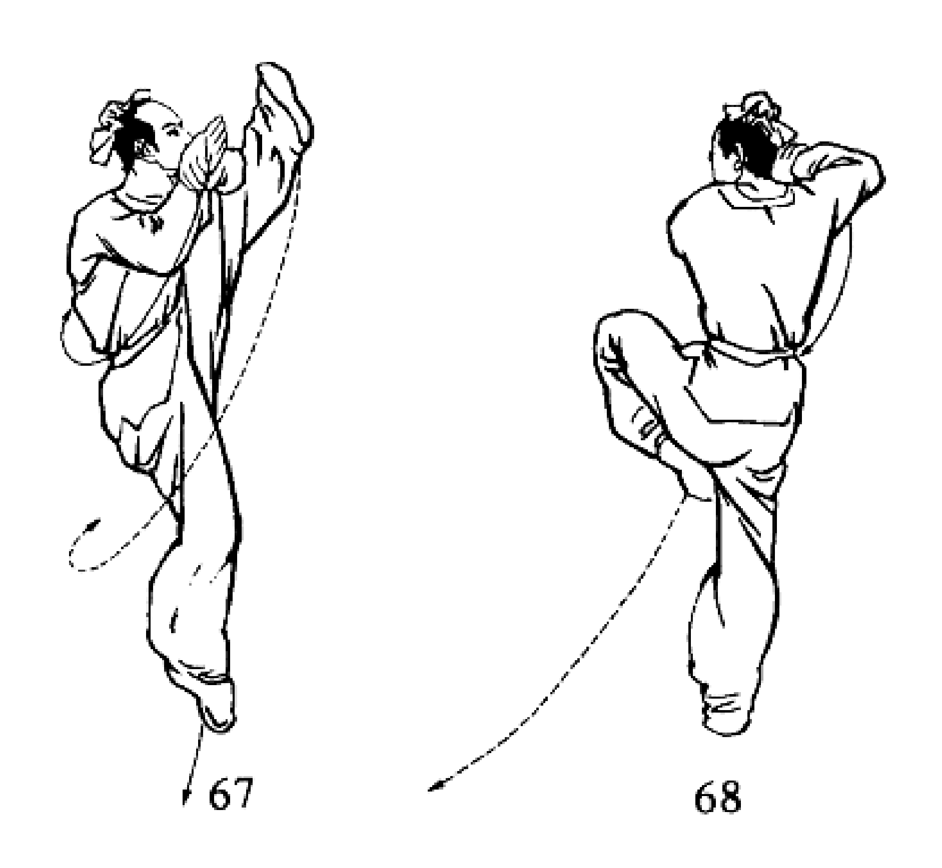


66

二十五、轉身旋風脚

動作分解：

①左脚向西北斜前方落地，上身同時從右向後轉，右腿隨之從下向上身右外側直腿外擺，右拳和左手垂於襠前（圖66）。②上動不停，左脚蹬地跳起，身體懸空；在空中，右腿續向右、向下擺動；左腿從下向左前方、向上、向額前直腿裏合跨擺，左脚踝關節內屈，使脚底朝右，脚尖朝向額前；右掌變掌，在左脚向額前跨擺的同時與左手一起從襠前屈肘舉至臉前，向右、向前、向左繞一小環，用掌心在額前拍擊左脚脚底（圖67）。③上身在空中隨左腿跨擺之勢，續向右轉至向西北斜前方；右脚落地，右腿伸直；左腿即屈膝提於身前，左脚脚面繃平，脚尖朝下；右掌變拳，從額前屈肘移於右耳側，拳眼朝下，拳心朝外；眼向西北斜前方平視（圖68）。



67 68

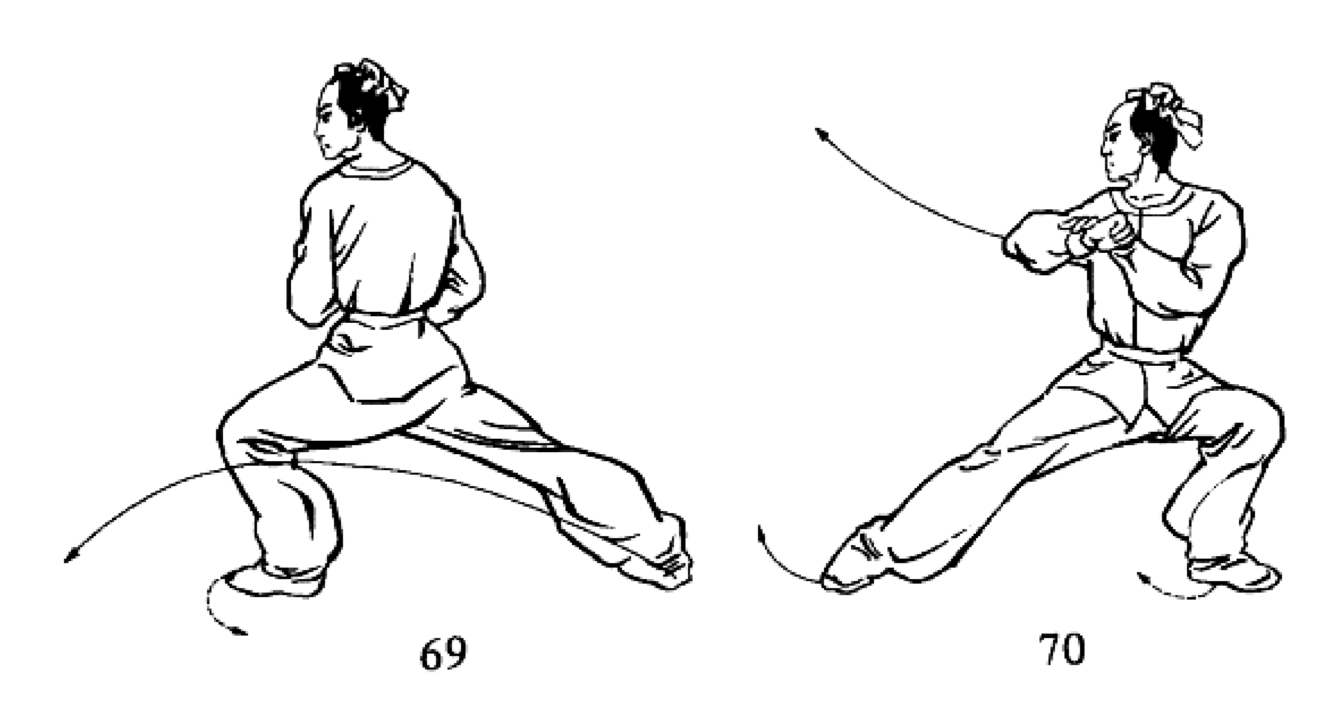
25. WHIRLWIND STEP WITH BODY TURNS

Movements:

(1) Land left foot in front in the northwest direction, simultaneously rotate torso backward from the right and swing right leg, knee unbent, upward and sideways to the right, right fist and left hand hanging down in front of crotch. (Fig. 66)

(2) Without any pause, leap into the air with a drive of left foot and continue swinging right leg rightward and downward while in flight; swing left leg forward to the left and upward toward forehead with knee unbent and bend left ankle inward so that sole faces rightward and toes point to forehead; while left leg swings toward forehead, change right fist into palm, raise it together with left hand from the front of crotch to the front of face and then move it rightward, forward and leftward in a small circle. Slap left sole with right palm in front of forehead. (Fig. 67)

(3) Continue turning torso rightward until it faces northwest as left leg swings up; straighten up right leg after right foot lands on ground; raise left knee in front of body


69　　70

要領說明：

同第十七動的轉身旋風脚。

二十六、前掃

動作分解：

①左脚向西北斜前方落地，左腿屈膝，右腿伸直；左手和右拳收抱於右腰側（圖69）。②上動不停，左脚尖外展，上身從左向後轉，右脚貼着地面向前掃半周；掃轉時，左手和右拳從右腰側移於身前（圖70）。

要領說明：

同第十一動的掃腿。

with ankle straightened and toes pointing downward; change right palm into fist and move it from the front of forehead to the side of right ear, thumb-side of fist facing downward and palm side outward. Look straight ahead to the northwest. (Fig. 68)

Points to remember:

The same as those for Exercise 17.

26. SWEEP LEG FORWARD

Movements:

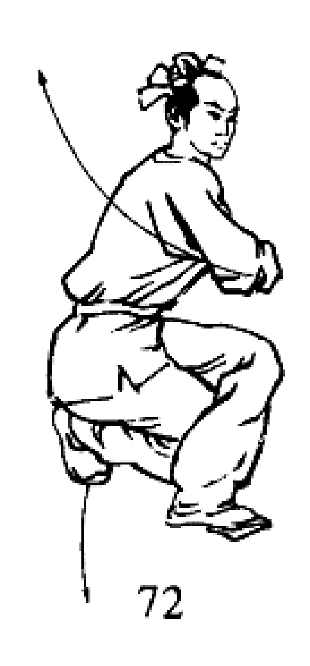
(1) Move left foot obliquely forward in the northwest direction and land it on ground with leg bent at knee and right leg stretched; place both hands at the side of right waist. (Fig. 69)

(2) Without any pause, turn toes of left foot outward, rotate torso backward from the left and sweep right leg in a semi-circle, sole kept flat on ground; move both hands from the side of right waist to the front of body when sweeping right leg. (Fig. 70)

Points to remember:

The same as those for Exercise 11.


71


72

二十七、弓步撞肘

動作分解：

左脚尖裏扣，右脚尖外展，上身右移，左腿挺膝蹬直，右腿屈膝半蹲，成爲右勢弓箭步；右拳以小臂肘後側爲力點，向右前方橫撞，拳眼朝下，左手仍握右拳腕；眼向西南斜方平視（圖71）。

要領說明：

同第十動的弓步撞肘。

二十八、左右頂肘

動作分解：

①上身左移，左腿屈膝，左脚尖外展，右腿伸直。②上身左轉對向正東，右脚向東橫移半步，右腿屈膝；兩腿前後交叉相疊，左大腿蓋壓在右大腿上面，右脚跟離地掀起，臀部坐落於右小腿，成爲歇步。右拳在上身左轉的同時鬆開，臂外旋，握住左腕；兩臂下沉，收於左腰側；眼向正南方平視（圖72）。③右脚從身後向正南

27. STRIKE WITH FOREARM IN BOW STEP

Movements:

Turn toes of left foot inward and those of right foot outward, shift torso to the right, stretch left leg and bend right leg at knee to form a right bow step; thrust right forearm horizontally forward with force concentrated on its upper part, thumb side of right fist facing downward, left hand still holding right wrist and eyes looking straight ahead to the southwest. (Fig. 71)

Points to remember:

The same as those for Exercise 10.

28. THRUST ELBOWS SIDEWAYS

Movements:

(1) Shift torso to the left, bend left leg at knee, turn toes of left foot outward and stretch right leg.

(2) Turn torso leftward to face due east, take half a step sideways toward the east with right foot and bend right leg at knee; with legs crossed, sit down with right thigh tucked under left thigh with right heel raised and buttocks sitting on right calf to form a seated step. Open right fist when torso turns leftward, rotate right forearm externally and hold left wrist with right palm; lower arms to place both hands at the left side of waist, eyes looking straight ahead to the due south. (Fig. 72)

(3) Take a step forward toward the due south with right foot from behind, bend right leg at knee and stretch left leg to form a right bow step; turn torso slightly rightward simultaneously with the moving forward of right foot and thrust right elbow horizontally toward the due south while forming the bow step. Look straight ahead to the due south. (Fig. 73)

(4) Using both soles as pivots, rotate torso from the right to face due west, cross legs and sit down with left thigh tucked under right thigh with left heel raised and buttocks sitting on left calf to form a seated step; lower



73



74

方向進步，右腿屈膝半蹲，左脚不動，左膝挺膝蹬直，成爲右勢弓箭步；上身在右脚進步的同時稍向右轉，右臂肘在兩腿形成弓箭步的同時平肘向正南方向頂出；眼仍向正南方平視（圖73）。④兩脚掌一起碾地爲軸，使上身從右轉向正西，兩腿交叉下蹲相叠，右大腿蓋壓在左大腿上面，左脚跟離地掀起，臀部坐落於左小腿，成爲歇步；兩臂同時下沉，收抱於右腰側，兩手仍相握腕部；眼仍向正南方平視（圖74）。⑤左脚從身後向正南方向進步，左腿屈膝半蹲，右脚不動，右腿挺膝蹬直，成爲左勢弓箭步；上身在左脚進步的同時，稍向左轉，左臂肘在兩腿形成弓箭步的同時，平肘向正南方頂出；眼仍向正南方平視（圖75）。

要領說明：

①頂肘必須有力，并要與進步成弓箭步的動作協調一致，不要有肘快步慢或肘慢步快的現象。②頂肘後，頂出之肘的大小臂必須平撐，要和肩相平；不作頂的另一臂，則應使肘下垂。③弓箭步要防止掀脚拔跟，上身要保持挺胸、塌腰，防止臀部凸起。④歇步係動作的過程，不一定蹲坐得很低，也不一定使兩腿叠攏得很緊密。



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arms to place both hands at the right side of waist, hands still holding each other's wrist and eyes looking straight ahead to the due south. (Fig. 74)

(5) Take a step forward toward the due south with left foot from behind, bend left leg at knee and stretch right leg to form a left bow step; turn torso slightly leftward simultaneously with the moving forward of left foot and thrust left elbow horizontally toward the due south while forming the bow step. Look straight ahead toward the due south. (Fig. 75)

Points to remember:

(1) The elbow thrusts should be forceful and executed simultaneously with the forming of bow steps.

(2) After the elbow thrust, the arm should be kept at shoulder level and the other elbow lower than that.

(3) Make sure that the heel of the rear foot is not raised from ground in the bow step. Keep chest thrust out and waist dropped. Don't protrude hips.

(4) Don't squat too low and press thighs too tight against each other in the seated step.



76

二十九、前掃

動作分解：

左脚尖外展，右脚貼着地面向西南斜前方掃轉半周；右手同時鬆開所握的左腕，五指緊攏變拳；眼向西南斜前下方（圖76）。

要領說明：

①前掃要領同第十一動的掃腿。②本動中的右脚位置，應在西南斜角。

29. SWEEP LEG FORWARD

Movements:

Turn toes of left foot outward and sweep right leg forward toward the southwest in a semi-circle with sole flat on ground; right hand leaves hold of left wrist and clenches into fist. Look obliquely downward to the front in the southwest direction. (Fig. 76)

Points to remember:

(1) The same as those for Exercise 11.

(2) The right foot should be in the southwest direction.



77

三十、弓步撞肘

動作分解：

左脚尖裏扣，右脚尖外展，上身右移，左腿挺膝蹬直，右腿屈膝半蹲，成爲右勢弓箭步；右拳以小臂肘後側爲力點，向右前方横撞，拳眼朝下，左手仍握右拳腕；眼向東北斜方平視（圖77）。

要領説明：

①要領同第十動的弓步撞肘。②本動圖片中的右脚位置，應在西南斜角，不該在正西，眼應向東北斜方平視，不該向西南斜方平視。

30. STRIKE WITH FOREARM IN BOW STEP

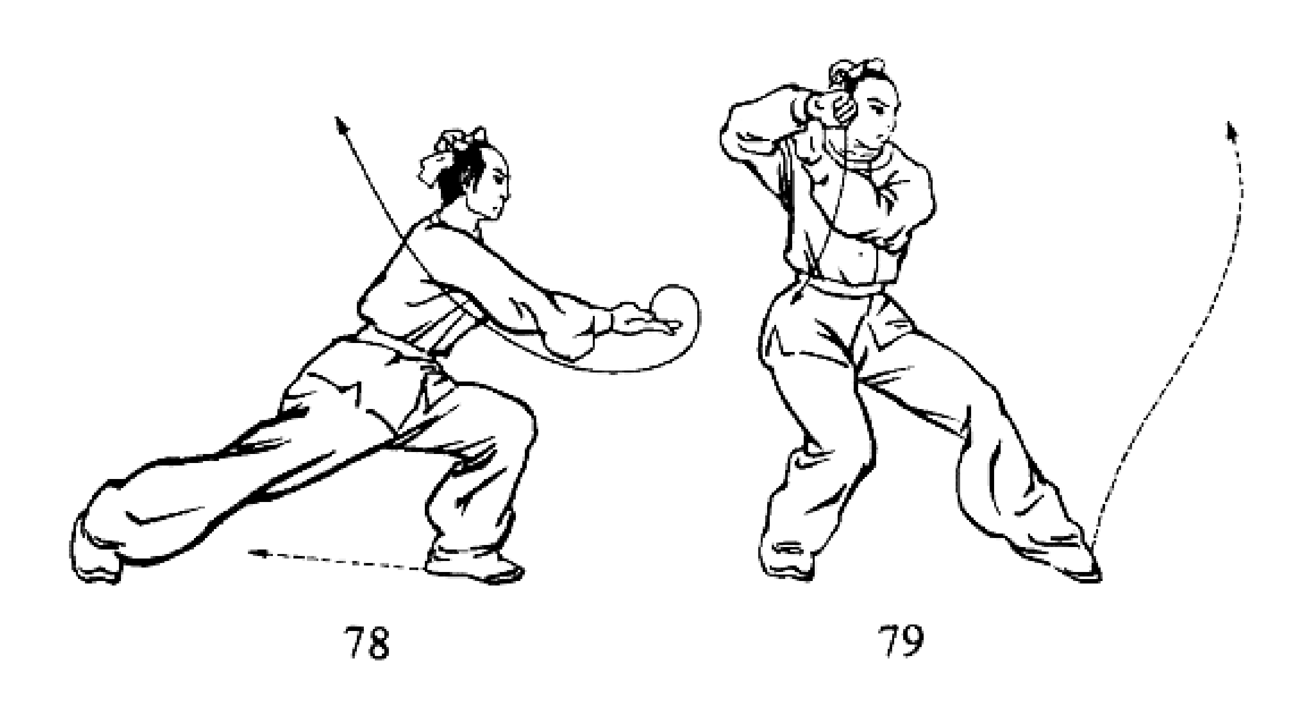
Movements:

Turn toes of left foot inward and those of right foot outward, shift torso to the right, stretch left leg and bend right leg at knee to form a right bow step; thrust right forearm horizontally forward with force focused on its upper part, thumb side of right fist facing downward and left hand still holding right wrist. Look straight ahead to the northeast. (Fig. 77)

Points to remember:

(1) The same as those for Exercise 10.

(2) The right foot should be in the southwest direction, not in the due west direction as shown in Fig. 77. The eyes should look ahead toward the northeast instead of the southwest.



78　　　　79

三十一、劈掌架肘

動作分解：

①右脚尖裏扣，左脚尖外展，上身左轉對向東北斜方，左腿屈膝半蹲，右腿挺膝伸直，成爲左勢弓箭步；右拳變掌，在上身左轉的同時，臂外旋使掌心朝上，直臂從右側上方向身前下方弧形斜劈；眼看右掌（圖78）。②右掌以腕關節爲軸向右、向上、向左、向下繞環，臂隨之內旋，掌心繞向下方，五指屈曲變拳緊握，從前下方屈肘收於右耳側方，拳眼朝下，拳心朝外；上身同時後移，右腿隨之屈膝半蹲，左脚向後移回半步，以脚前掌虛沾地面，左腿屈膝，成爲虛步（圖79）。

要領說明：

①要領同第十六動的劈掌架肘。②本動圖片（78、79）中的右脚位置，均應在西南斜角。上身應朝向東北斜角。

31. RAISE ELBOW AND HACK WITH PALM

Movements:

(1) Turn toes of right foot inward and those of left foot outward, rotate torso leftward to face northeast, bend left leg at knee into a half squat and stretch right leg to form a left bow step; open right fist into palm, turn palm upward by rotating forearm externally when torso turns leftward, and then cut right palm with elbow unbent from the right upper downward in an arc to the front of body. Look at right palm. (Fig. 78)

(2) Right palm, using wrist as the axis, describes a circle rightward, upward, leftward and downward and at the same time rotate right forearm internally until palm faces downward. Clench right palm into fist and pull it to the side of right ear with elbow bent, thumb side of fist facing downward and palm side outward; shift torso backward, bend right leg at knee into a half squat, take half a step backward with left foot and bend the knee into a half squat with the ball resting on ground to form a left empty step. (Fig. 79)

Points to remember:

(1) The same as those for Exercise 16.

(2) The right foot should be in the southwest direction. The torso should face northeast instead of due east or southeast.



80

三十二、左踢腿

動作分解：

右拳和左手從右耳側屈肘下沉，收抱於右腰側；右腿直起，左腿向東北斜前方踢出；左脚脚面繃平，脚尖朝前；眼看左脚(圖80)。

要領說明：

踢腿必須有力，脚的高度要超過腰部，支撐之腿必須伸直，站立要穩固，上身保持正直，防止聳耳、拱背。

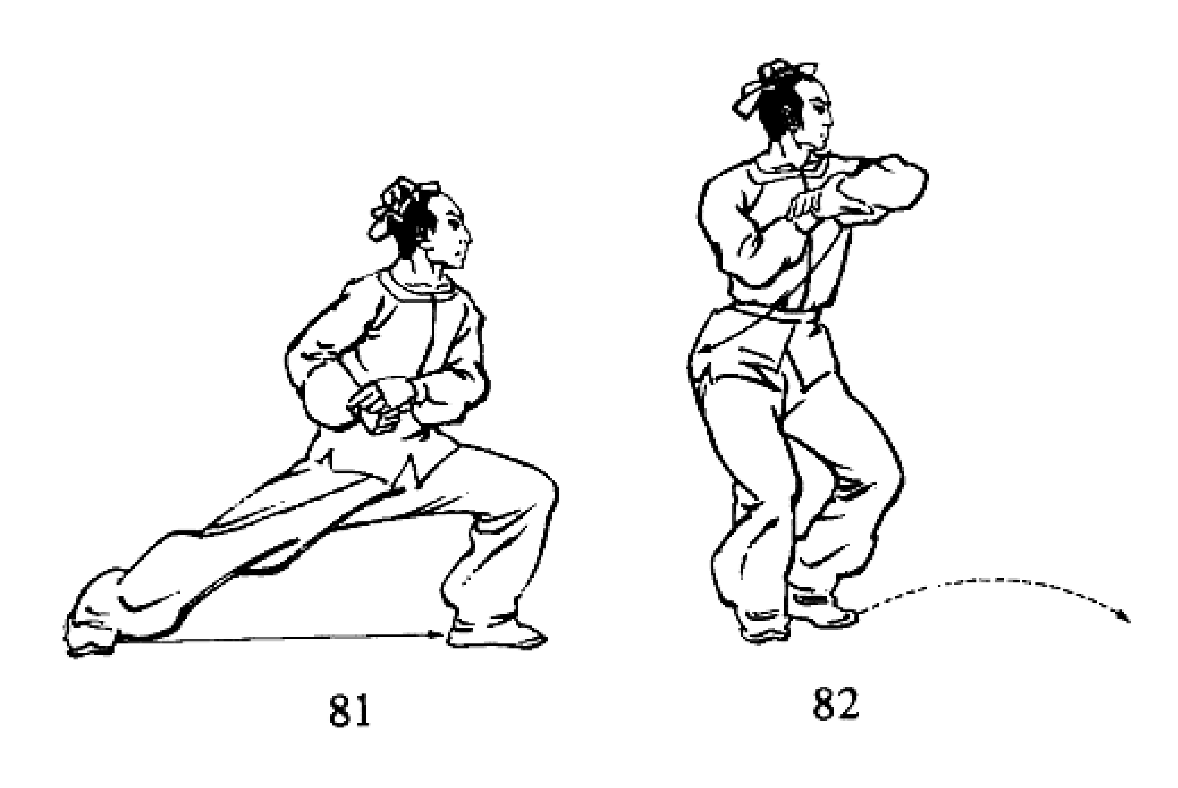
32. KICK WITH LEFT FOOT

Movements:

Bring right fist and left palm from the side of right ear to the right side of waist; straighten up right leg and swing up left leg in the northeast direction with ankle straightened and toes pointing forward. Look at left foot. (Fig. 80)

Points to remember:

Swing leg forcibly above waist level. Keep the supporting leg straight and stand firm. Keep torso erect and don't arch back.

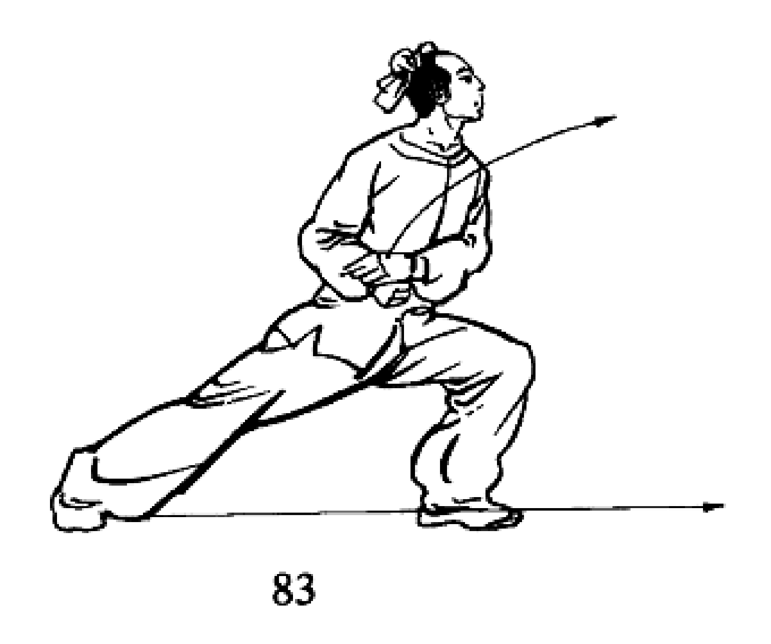


81　　　82

三十三、蹋步箭蹿

動作分解：

①左脚向東北斜前方落步，左腿屈膝，右腿伸直（圖81）。②上動不停，右脚立即從後向前擦着地面，迅速蹋碰左脚，右腿隨勢屈膝（圖82）。③上動不停，左脚在右脚蹋碰的同時，向東北斜前方上步，左腿屈膝，右腿伸直（圖83）。④上動不停，左腿直起，右脚向東北斜前方上步，右拳和左手從右腰側屈肘舉至胸前，眼向東北斜前方平視（圖84）。⑤上動不停，右拳和左手下沉，左腿向前擺起，右脚蹬地跳起，上身左轉，身體懸空(圖85)。⑥在空中，右脚向東北斜前方彈踢伸出，脚面綳平，眼看右脚（圖86）。



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33. STRIKE FOOT AND KICK IN FLIGHT

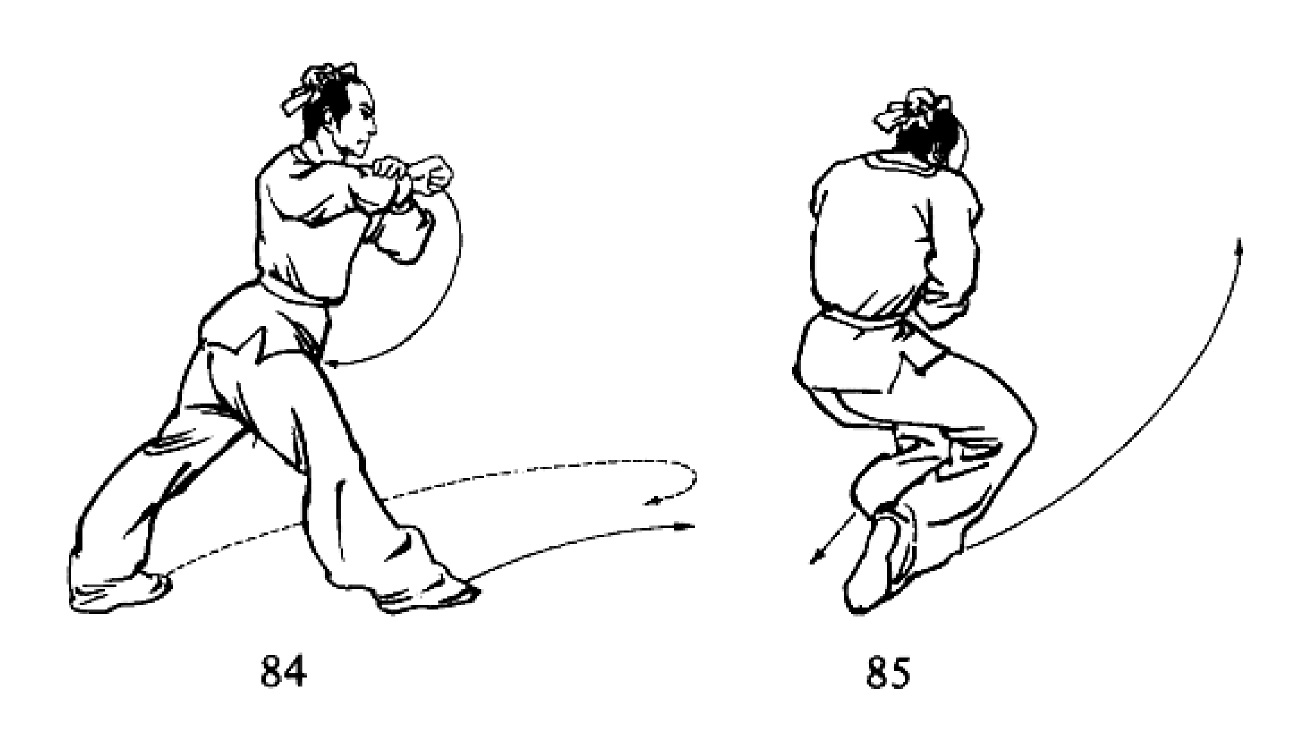
Movements:

(1) Land left foot in the northeast direction, bend left leg at knee and stretch right leg. (Fig. 81)

(2) Without any pause, swiftly bring right foot forward with sole flat on ground to strike left foot and at the same time bend right leg. (Fig. 82)

(3) Without any pause, take a step forward in the northeast direction with left foot immediately after striking it with right foot, bend left leg at knee and stretch right leg. (Fig. 83)

(4) Without any pause, straighten up left leg, take a step forward in the northeast direction with right foot and, at the same time, raise right fist and left palm from the right side of waist to the front of chest, elbows bent and eyes looking straight ahead to the northeast. (Fig. 84)



84　　　　　　　　85

要領說明：

①上述的分解動作，都必須連貫起來做，不要中斷或停頓；弓箭步係過渡的銜接動作，不要像圖片中那樣低，否則將會影響動作的迅速貫串。②箭蹬，跳躍要高，彈踢必須快速有力，脚的高度要超過肩部。



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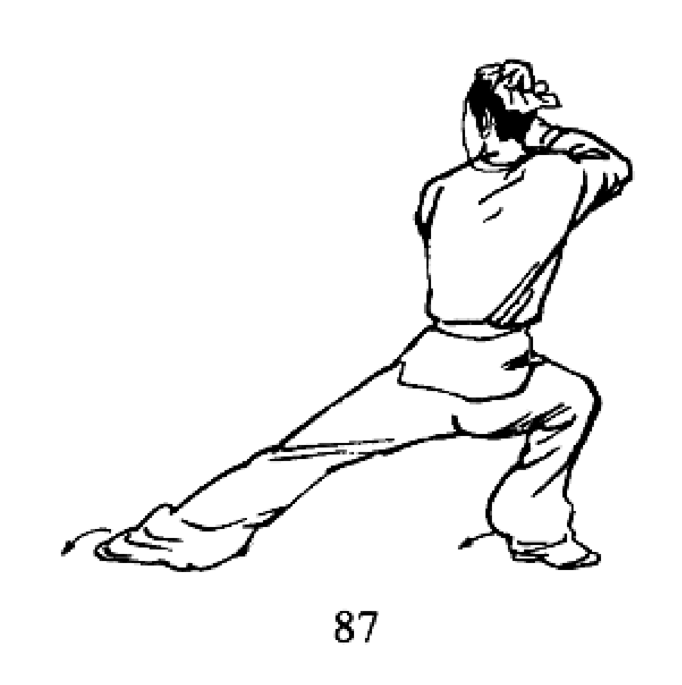
(5) Without any pause, lower right fist and left palm, swing up left leg in front of body, leap into the air with a drive of right leg and at the same time rotate torso leftward. (Fig. 85)

(6) Kick right foot forward in the northeast direction in flight, ankle straightened and eyes looking at right foot. (Fig. 86)

Points to remember:

(1) The movements described above should be executed continuously without any breaks; the left bow step is a transition movement in which you should not squat too low or you will be unable to perform the next movement quickly and coherently.

(2) Swing up left leg and leap into the air as high as possible. Kick right foot quickly and forcibly in flight above shoulder level.



87

三十四、弓步撞肘

動作分解：

左脚先落地，右脚繼之在東北斜前方落地，左腿伸直，右腿屈膝，成爲右勢弓箭步；右拳以小臂肘後側爲力點，向右前方橫撞，拳眼朝下，左手仍握右拳腕；眼向西北斜方平視（圖87）。

要領説明：

同第十動的弓步撞肘。

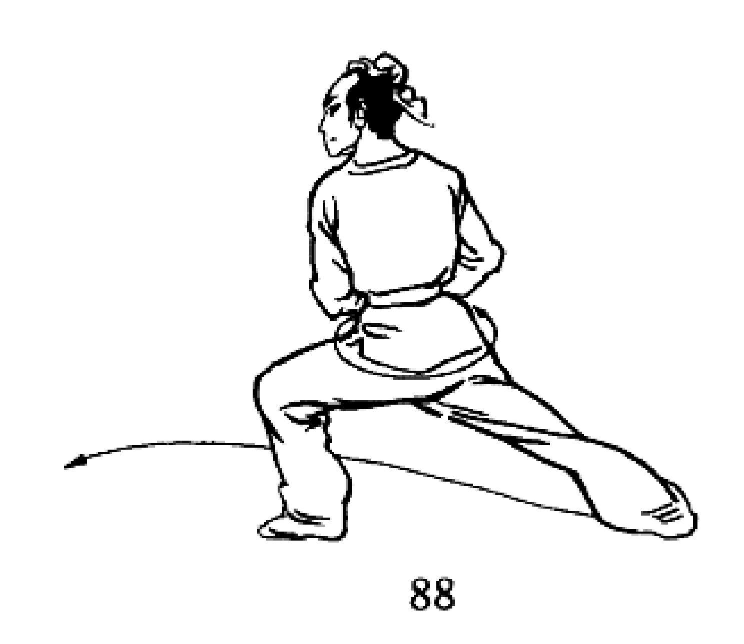
34. STRIKE WITH FOREARM IN BOW STEP

Movements:

After landing on left foot, land right foot obliquely forward in the northeast direction, stretch left leg and bend right leg at knee to form a right bow step; thrust right forearm horizontally forward to the right with force concentrated on its upper part, thumb side of right fist facing downward and left hand still holding right wrist. Look straight ahead to the northwest. (Fig. 87)

Points to remember:

The same as those for Exercise 10.



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三十五、前掃

動作分解：

①右拳和左手下沉，收抱於右腰側；上身左移，左腿屈膝半蹲，左脚尖外展；右腿隨之挺膝蹬直，右脚尖裏扣（圖88）。②上動不停，左脚尖外展，右脚貼着地面，向正西方前掃半周，上身隨之從左向後轉，眼向正西前方平視（圖89）。

要領説明：

同第十一動的掃腿。



89

35. SWEEP LEG FORWARD

Movements:

(1) Bring right fist and left hand to the right side of waist; shift torso to the left, bend left leg into a half squat and turn toes of left foot outward; meanwhile, stretch right leg and turn toes of right foot inward. (Fig. 88)

(2) Without any pause, turn toes of left leg outward and sweep right leg forward to the due west in a semi-circle and simultaneously rotate torso leftward to the back. Look straight ahead to the due west. (Fig. 89)

Points to remember:

The same as those for Exercise 11.



90

三十六、弓步撞肘

動作分解：

左脚尖裏扣，右脚尖外展，上身右移，左腿挺膝蹬直，右腿屈膝半蹲，成爲右勢弓箭步；右拳以小臂肘後側爲力點，向右前方横撞，拳眼朝下，左手仍握右拳腕；眼向西南斜方平視（圖90）。

要領説明：

同第十動的弓步撞肘。

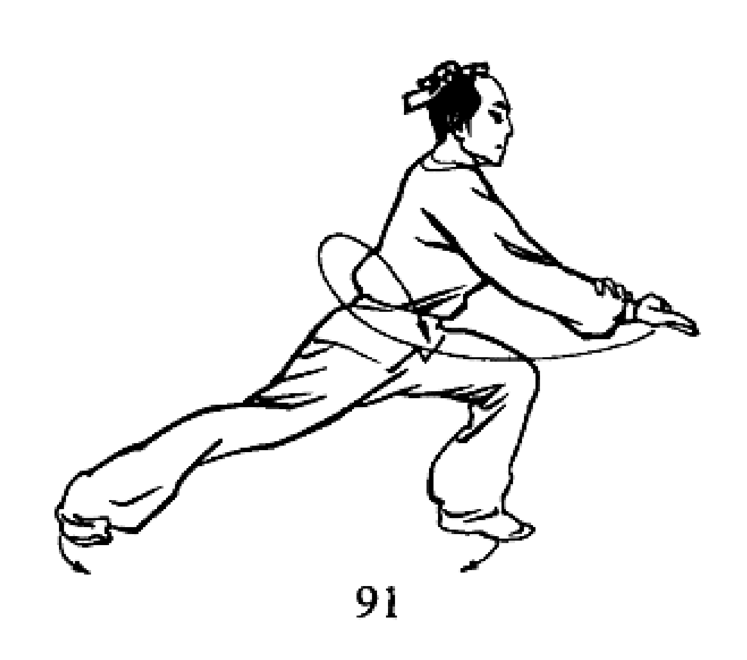
36. STRIKE WITH FOREARM IN BOW STEP

Movements:

Turn toes of left foot inward and those of right foot outward, shift torso to the right, stretch left leg and bend right leg at knee into a half squat to form a right bow step; thrust right forearm horizontally forward to the right with force focused on its upper part, thumb side of right fist facing downward and left hand still holding right wrist. Look straight ahead to the southwest. (Fig. 90)

Points to remember:

The same as those for Exercise 10.



91

三十七、弓步劈掌

動作分解：

右脚尖裏扣，左脚尖外展，上身左轉，右腿隨之挺膝蹬直，左腿同時屈膝半蹲，成爲左勢弓箭步；右拳變掌，在上身左轉的同時，臂外旋使掌心朝上，直臂從右側上方，向身前下方弧形斜劈；眼看右掌（圖91）。

要領說明：

變步、轉身、劈掌等三個動作，必須協調一致，同時進行。劈掌要有力，五指必須伸直併緊，力點在於小指外側的掌緣。弓箭步同前述。

37. HACK WITH PALM IN BOW STEP

Movements:

Turn toes of right foot inward and those of left foot outward and rotate torso leftward. At the same time, stretch right leg and bend left knee into a half squat to form a left bow step; open right fist into palm and, with the leftward rotation of torso, turn right forearm externally so that right palm faces upward. Cut right palm from the right upper downward in an arc to the front of body. Look at right palm. (Fig. 91)

Points to remember:

The forming of the bow step, rotating of the torso and hacking of the palm should be coordinated and performed simultaneously. The cut should be powerful, the fingers stretched and closed together, and force concentrated on the ulnar side of the palm. Points for forming the bow step are the same as mentioned previously.



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三十八、馬步衝拳

動作分解：

左脚尖裏扣，上身隨之右轉對向正南方；右掌隨身轉動，從正東擺向正南，繼之屈肘，使右掌擺至右肩前，臂內旋，變拳移至胸前，直臂向身前下方，斜伸衝出，拳心朝下，左手仍握右拳腕；兩腿在右拳衝擊的同時，屈膝半蹲成爲馬步，眼向正南方平視(圖92)。

要領說明：

①變步、轉身、擺掌繞環、變拳冲擊等動作，都必須很迅速地、貫串一致地、在同一時間內進行和完成。②衝拳必須有力，五指要緊握。③馬步，兩大腿必須坐平，脚尖裏扣；上身要保持正直，防止過分前傾、拱背、聳肩、凸臀。

38. PUNCH IN HORSE-RIDE STEP

Movements:

Turn torso to the right to face due south while turning toes of left foot inward; with the turning of torso, swing right palm from due east to due south and bring it to the front of right shoulder with elbow bent. Rotate right forearm internally, clench right palm into fist and bring it to the front of chest. Thrust right fist forward and downward with arm stretched, thumb side of fist facing downward and left hand still holding right wrist. Bend both legs into a horse-ride step while right fist thrusts forward. Look straight ahead to the due south. (Fig. 92)

Points to remember:

(1) The changing of steps, turning of torso, swinging of palm, rotating of right forearm, and thrusting of fist should be done swiftly and simultaneously in a harmonious manner.
(2) Clench fist tightly and punch forcibly.
(3) In the horse-ride step, keep both thighs level and toes of both feet turned inward. Keep torso erect. Don't lean too far forward. Don't shrug shoulders and keep buttocks in.



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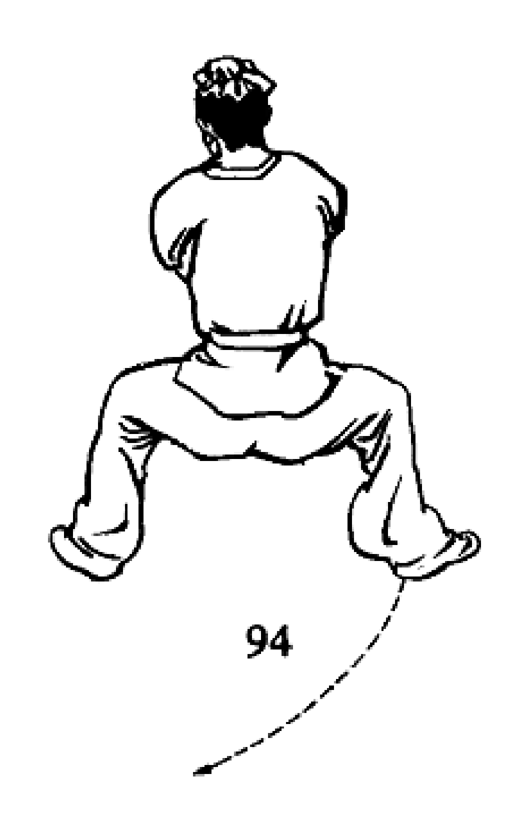
三十九、蹦步轉身衝拳

動作分解：

①右拳和左手一起屈肘收於胸前，兩脚同時蹬地蹦起，身體從右向後轉動（圖93）。②在空中，身體轉至正北方向，兩脚落地，兩腿屈膝半蹲成爲馬步，右拳同時從胸前，向身前下方斜伸衝出，拳心朝下；左手仍握右拳腕；眼向正北方平視（圖94）。

要領說明：

同第三十八動的馬步衝拳。



94

39. LEAP INTO THE AIR, TURN TORSO AND PUNCH

Movements:

(1) Bring right fist and left hand to the front of chest with bent elbows. Leap into the air with a drive of both legs and turn torso from the right to the back when in flight so that it faces due north. (Fig. 93)

(2) After landing on both feet, bend legs at knee into a horse-ride step and thrust right fist forward and downward with the thumb side of fist facing downward and left hand still holding right wrist. Look to the due north. (Fig. 94)

Points to remember:

The same as those for Exercise 38.



95a

四十、退步擊肘

動作分解：

右拳和左手屈肘收於胸前，左腳不動，右腳擦着地面，迅速退向身後，右腿隨之伸直，成爲左勢弓箭步；右臂用肘從胸前向前下方橫擊，左臂肘同時從胸前收向左身側緊貼，上身隨之稍向左擰腰轉動；眼看身前下方（圖95正面及圖95側面）。

要領說明：

①右腳的向後退步，必須擦着地面後退，不要使腳離開地面。②右肘橫擊，必須借助腰部向左擰轉的力量，用力擊出。③退步必須和擊肘的動作在同一時間內進行，不要有先後快慢之分。



95b

40. TAKE A BACKWARD STEP AND THRUST ELBOW

Movements:

Bring right fist and left hand to the front of chest with bent elbows. While keeping left foot where it is, quickly move right foot a step backward with sole kept flat on ground to form a left bow step. Thrust right elbow forward and downward in front of chest while keeping left elbow close to the left side of body. At the same time, turn torso slightly leftward with a twist of waist. Look obliquely downward to the front. (Fig. 95. Front view and side view)

Points to remember:

(1) When right foot takes a step backward, its sole should be kept flat on ground.
(2) Thrust elbow forcibly and make use of the turning of waist to enhance its momentum.
(3) Tempo of movement in taking a step backward and thrusting elbow must be even and synchronized.



96

四十一、轉身絆掃劈掌

動作分解：

右脚以脚掌碾地爲軸，左脚以脚跟碾地爲軸，使上身從右向後轉，對向正南方；轉身之後，右腿在前屈膝，左腿在後伸直，右拳和左手一起，從胸前提至額前上方，拳心朝前，拳眼朝下；繼之，左脚貼着地面從後向左、向前作半掃，右拳變掌，與左脚前掃的同時，從額前上方，向身前下方弧形斜劈，掌心朝上（圖96）。

要領說明：

①轉身和右拳上提的動作必須協調一致，前掃和劈掌的動作，必須協調一致，而這四動又必須貫串一氣，不要有間斷現象。②此處的向前半掃，係絆掃，不要蹲低，右腿保持略屈就可。

41. TURN TORSO, SWEEP LEG AND HACK WITH PALM

Movements:

Using right sole and left heel as pivots, torso turns from the right to the back to face due south; bend right leg at knee and stretch left leg which is now in the rear. Raise right fist and left hand from the front of chest upward to forehead level with the palm side of fist facing forward and the thumb side of fist downward. Then sweep left leg leftward and forward from behind in a semi-circle with left sole kept flat on ground. Change right fist into palm and cut palm from the front of forehead downward in front of body in an arc with the back of hand facing downward. (Fig. 96)

Points to remember:

(1) The turning of torso and the raising of right fist as well as the forward sweeping and the palm cutting should be well coordinated. These movements should be done coherently without any breaks.

(2) Since the sweeping movement is meant for tripping the opponent, just bend right leg a little and don't squat too low.



97

四十二、絆掃抓帶

動作分解：

左腿屈膝，右腿伸直，右脚貼着地面從後向右、向前作半掃；右掌在身前下方以腕關節爲軸，向右、向上、向左、向下繞一小環，臂同時內旋，使掌心繞向下方，五指屈曲變拳抓握，在右脚向前作半掃的同時，屈肘向右腰側帶回，拳心朝下；左手仍握右拳腕（圖97）。

要領說明：

右掌腕的繞環、變拳抓握，必須和右脚的絆掃協調一致，同時進行和完成。

42. TRIP WITH SWEEPING LEG AND CATCH

Movements:

Bend left leg at knee and stretch right leg. Sweep right leg rightward and forward from behind in a semi-circle with right sole kept flat on ground. Right palm, using right wrist as the axis, describes a circle rightward, upward, leftward and downward by rotating forearm internally so that palm faces downward. Change palm into a hooked hand and, while right leg sweeps forward, bring it to the right side of waist with its palm side facing downward and left hand still holding its wrist. (Fig. 97)

Points to remember:

The moving of right palm around right wrist and the changing of right palm into a hooked hand should be coordinated and done simultaneously with the sweeping of right leg.



98

四十三、退步擊肘

動作分解：

左脚不動，右脚擦着地面，迅速退向身後正北方向，右腿伸直，左腿再稍作下蹲，成爲左勢弓箭步；右臂用肘同時向身前下方横擊，左臂肘隨之緊貼於上身左側，上身同時稍向左擰腰轉動；眼看身前下方（圖98）。

要領説明：

同第四十動的退步擊肘。

43. TAKE A BACKWARD STEP AND THRUST ELBOW

Movements:

While keeping left foot where it is, quickly move right foot a step backward with sole kept flat on ground. Stretch right leg and bend left leg to form a left bow step. Thrust right elbow forward and downward in front of chest while keeping left elbow close to the left side of body. At the same time, turn torso slightly leftward with a twist of waist. Look obliquely downward to the front. (Fig. 98)

Points to remember:

The same as those for Exercise 40.



99



100

四十四、左右磕鎈勢

動作分解：

①左腿直起站立，右腿屈膝提於身前；右拳變掌，在右腿屈膝上提的同時，用掌背從左向右拍擊右大腿，如磕鎈狀（圖99）。②上動不停，右脚向身後落步，右腿伸直，上身同時右轉，左腿屈膝提於身前；右掌即用掌心從右向左拍擊左大腿，如磕鎈狀(圖100)。

要領說明：

動作要連貫，手脚要協調，站立要穩固，拍擊要顯示出磕砸有力的形象來。

44. BUMP MANACLES AGAINST THIGH

Movements:

(1) Stand on left foot with leg straightened and raise right knee in front of body. Change right hand into palm and, simultaneously with the raising of right knee, swing it from the left to the right to strike right thigh with its back as if you are trying to break open your manacles. (Fig. 99)

(2) Without any pause, land right foot on ground and straighten up right leg. At the same time, turn torso rightward and raise left knee in front of body. Swing right hand from the right to the left to strike left thigh with its palm as if you are trying to break open your manacles (Fig. 100)

Points to remember:

The movements of hands and feet should be coordinated. Stand firm and the strikes should look forcible.


101


102

四十五、脫銬

動作分解：

①接上動，左手鬆開右腕變拳，右掌也同時變拳，兩拳錯臂交叉，屈肘舉於頭前上方，左拳在外，右拳在裏，拳心均朝裏（圖101）。②兩拳從上向左大腿下磕，在將要磕及左大腿時，即向左右分開，如磕脫銬具狀，拳心均朝上，兩臂均稍屈；右腳同時使腳跟裏轉，右腿隨之屈膝半蹲；左腳在兩拳下磕分開的同時，在上身左側落步，左腿隨之屈膝半蹲；形成馬步（圖102）。

要領說明：

①兩拳的下磕，不要眞的磕在左大腿上面。②右腳跟的裏轉、右腿的屈膝、左腳的落地、左腿的屈膝，都必須相應地和兩拳下磕分開的動作配合和諧，協調一致，在同一時間內完成。③兩拳下磕，臂部肌肉必須使之暫時投入緊張狀態，使用剛沉的力量。

45. BREAK LOOSE FROM THE MANACLES

Movements:

(1) Without any pause, free left hand from its hold of right wrist. Clench both hands into fists, cross them at wrist and raise them to the front of head with bent elbows. Left fist is now placed in front of right fist and thumb sides of both fists face inward. (Fig. 101)

(2) Bring down both fists and separate them sideways just before they touch left thigh as if breaking loose from the manacles, palm sides of fists turned upward and elbows a little bent. At the same time, turn right heel inward and land left foot leftward on ground when separating fists sideways. Bend both legs into a half squat to form a horse-ride step. (Fig. 102)

Points to remember:

(1) Don't touch left thigh with fists when bringing them down.

(2) The turning of right heel, the landing of left foot and the bending of both legs into a horse-ride step should be well coordinated and done simultaneously with the separating of fists.

(3) Tighten arm muscles when bringing fists down.



103

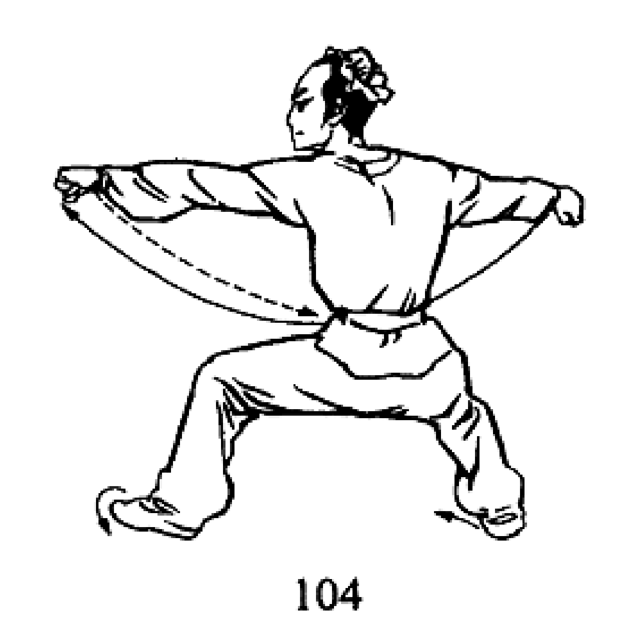
四十六、左右捋抓

動作分解：

①上身右轉，對向正北方；右拳從左膝前直臂下沉，向右側弧形擺動，至右側方時變掌，向身後、向上、向身前，繞一小環形捋抓握拳，拳心朝下，肘微屈，如抓別人的手腕狀；眼看右拳（圖103）。②上動不停，左拳變掌，直臂向身後、向上、向身前，繞一小環形捋抓握拳，拳心朝下，肘微屈，如抓別人的手腕狀；頭左轉，眼看左拳（圖104）。

要領說明：

捋抓動作，在繞一小環形之後要進行捋抓時，五指必須驟然用力抓握，動作要迅速，腕部要靈活。



104

46. SEIZE THE OPPONENT BY THE WRIST

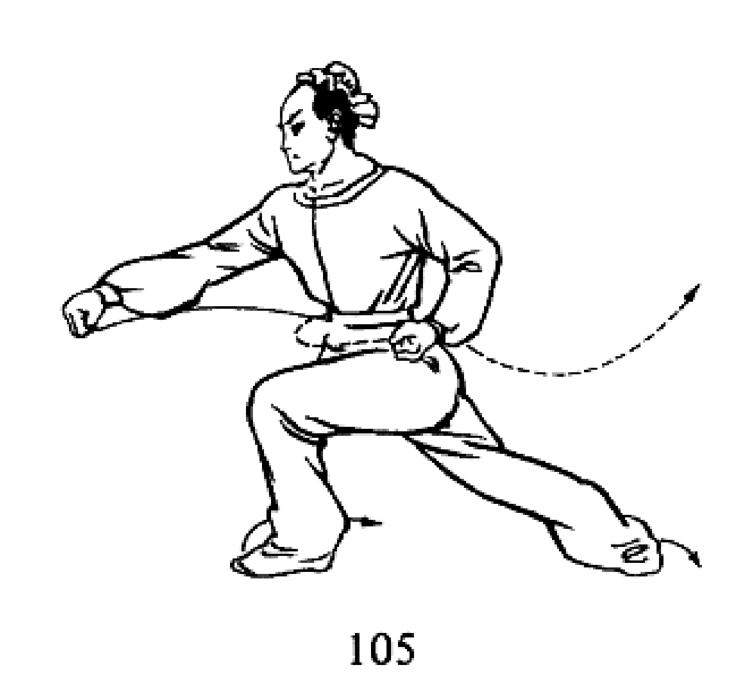
Movements:

(1) Turn torso to the right to face due north. Drop right fist in front of left leg with straightened arm and bring it to the right side of body in an arc. Change right fist into palm, swing it backward, upward and forward and then close right hand with palm side of fist facing downward and elbow slightly bent as if seizing your opponent by the wrist. Look at right fist. (Fig. 103)

(2) Without any pause, open left fist into palm, swing it with straightened arm backward, upward and forward in a circle and then close palm into fist with palm side of fist facing downward and elbow slightly bent as if seizing your opponent by the wrist. Turn head to the left and look at left fist. (Fig. 104)

Points to remember:

Close fingers abruptly and tightly in the seizing movement after the swinging of arms and wrists should be flexible.

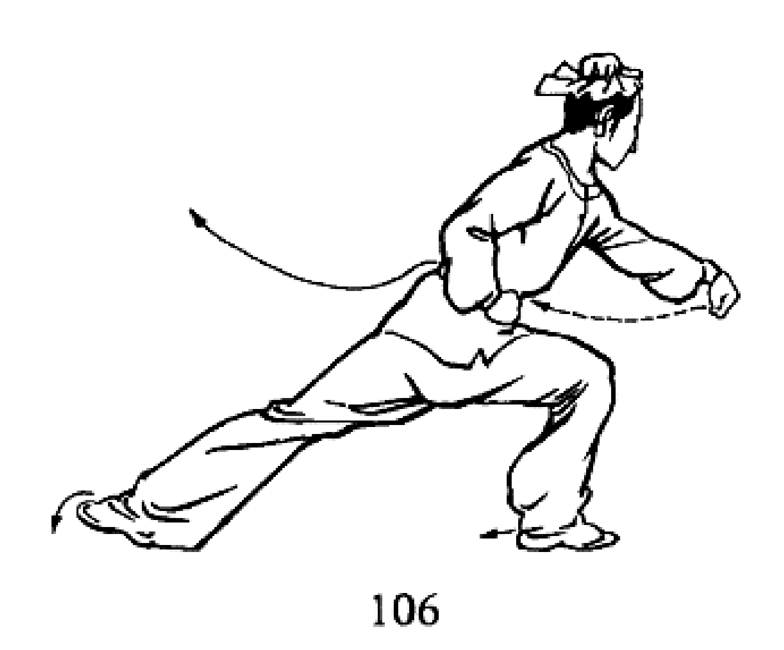


105

四十七、左右撩拳

動作分解：

①右脚尖裏扣，左脚尖外展，上身隨之左轉，右腿挺膝蹬直，左腿向前弓出，成爲左勢弓箭步；左拳在上身左轉的同時，臂外旋使拳心朝上，屈肘收抱於左腰側；右拳則臂內旋使拳背朝下，直臂向下、向前撩打，拳心朝下；眼看身前下方（圖105）。②左脚尖裏扣，右脚尖外展，上身隨之右轉，左腿挺膝蹬直，右腿屈膝半蹲，成爲右勢弓箭步；右拳在上身右轉的同時，臂外旋使拳心朝上，屈肘收抱於右腰側；左拳則在上身右轉的同時，從左腰側直臂下垂，向前撩打，拳心朝下；眼看身前下方（圖106）。③右脚尖裏扣，左脚尖外展，上身隨之左轉，右腿挺膝蹬直，左腿屈膝半蹲，成爲左勢弓箭步；左拳在上身左轉的同時臂外旋使拳心朝上，屈肘收抱於左腰側；右拳則在上身左轉的同時，從右腰側直臂下垂，向前撩打，拳心朝下；眼看身前下方（圖107）。



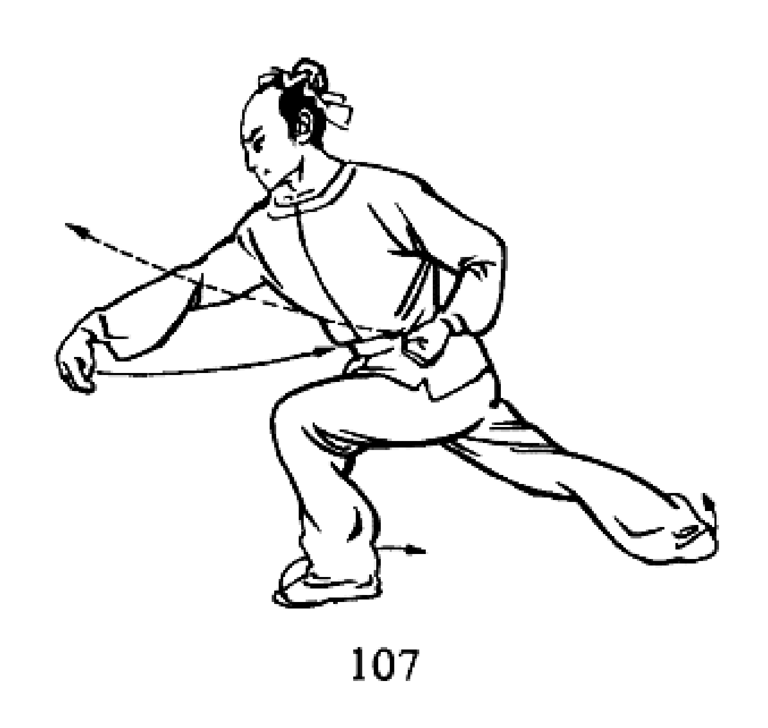
106

47. PUNCH WITH RIGHT AND LEFT FISTS

Movements:

(1) Turn toes of right foot inward and those of left foot outward. At the same time, rotate torso leftward, stretch right leg and bend left leg at knee to form a left bow step. With the leftward turn of torso, turn left forearm externally so that palm side of left fist faces upward and draw it to the left side of waist with elbow bent. Turn right forearm internally so that back side of right fist faces upward and thrust it forward and downward. Look at ground ahead. (Fig. 105)

(2) Turn toes of left foot inward and those of right foot outward, rotate torso rightward, stretch left leg and bend right leg at knee into a half squat to form a right bow step. With the rightward turn of torso, rotate right forearm externally so that palm side of right fist faces upward and draw it to the right side of waist. At the same time, thrust left fist forward and downward from the left side of waist with arm straightened and palm side of fist facing downward. Look at ground ahead (Fig. 106)



107

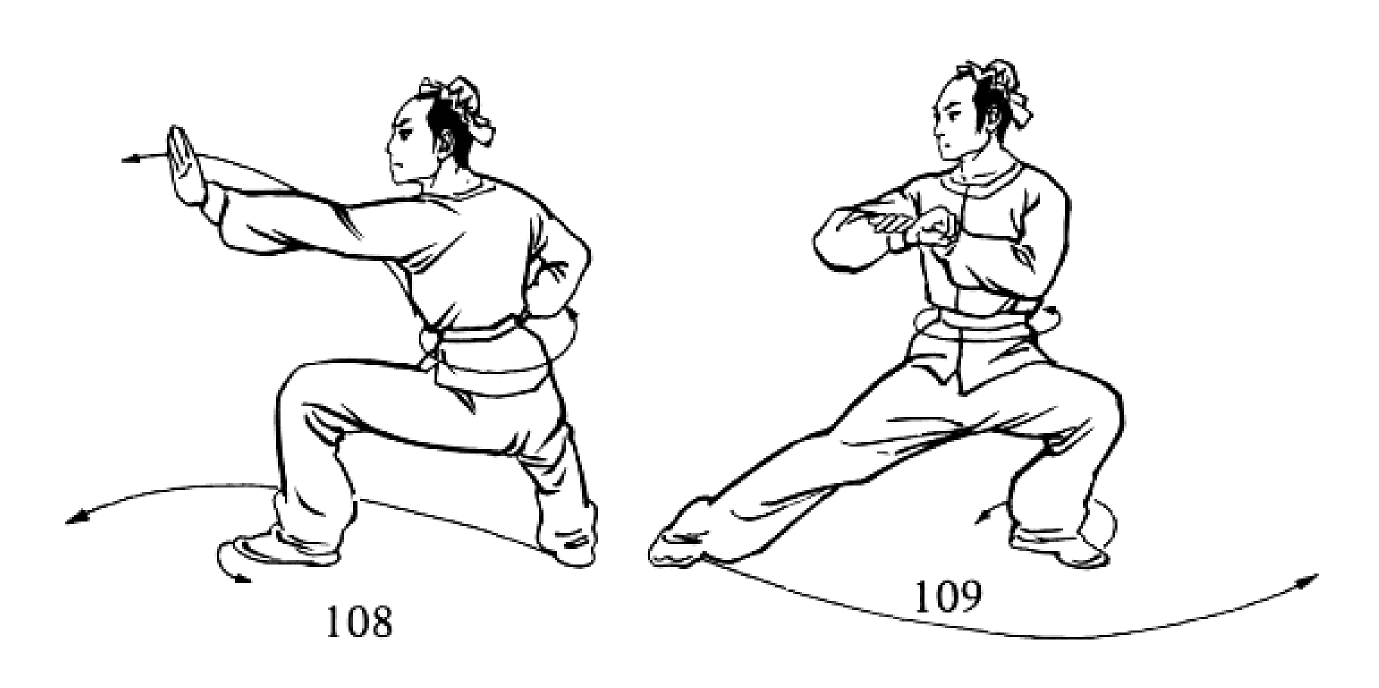
要領説明：

上述三個撩拳的動作，都必須快速有力；前撩之拳高與腹齊；撩拳之肩要向前順送，抱拳之肩要向後牽引；弓箭步防止掀脚拔跟，上身保持挺胸、塌腰落臀。

(3) Turn toes of right foot inward and those of left foot outward rotate torso leftward, stretch right leg and bend left leg at knee into a half squat to form a left bow step. With the leftward turn of torso, rotate left forearm externally so that palm side of left fist faces upward and bring it to the left side of waist. At the same time, thrust right fist forward and downward from the right side of waist with arm straightened and palm side of fist facing downward. Look at ground ahead. (Fig. 107)

Points to remember:

The thrusting of fists should be quick and forceful. Fists should be at belly level. While thrusting fist, extend its shoulder forward and the other backward. Make sure that the heel of rear foot is not raised from ground in the bow step. Keep chest thrown out, waist and buttocks dropping.


108　109

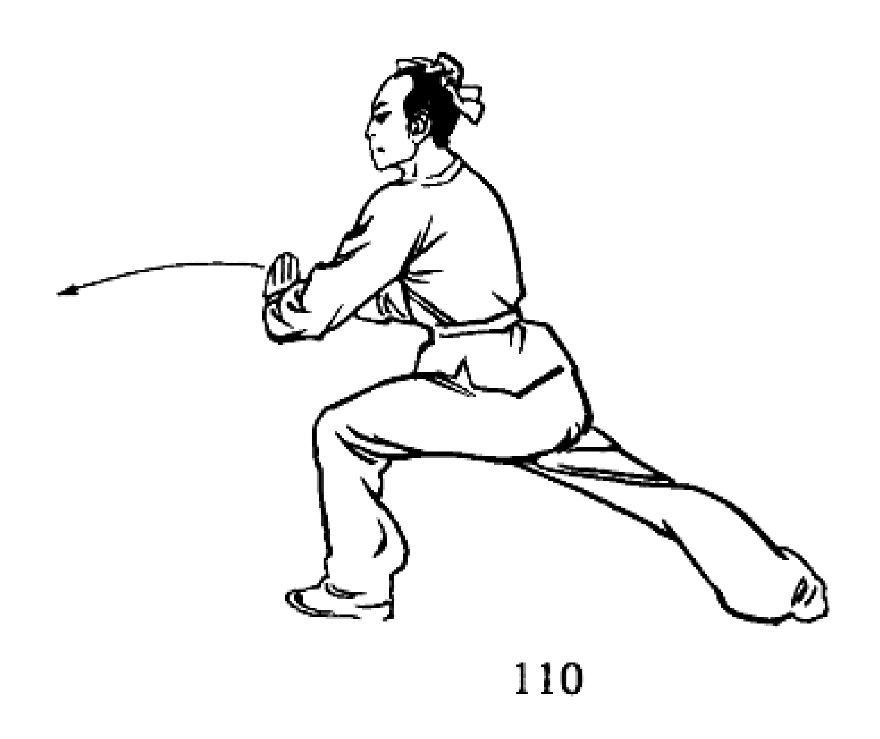
四十八、推掌前掃

動作分解：

①左脚尖裏扣，上身右轉，右腿屈膝，成爲馬步；右拳在上身右轉的同時，臂外旋使拳心朝上，屈肘收抱於右腰側；左拳隨即變掌，向左側方平伸推出，小指外側朝外，掌指朝上；眼看左掌（圖108）。②左脚尖外展，右腿伸直，右脚貼着地面向前掃轉一周；左掌在掃轉時，屈肘收於胸前，右拳同時從右腰側，向胸前屈肘環抱，附於左掌的外面（圖109、110）。

要領説明：

①馬步的推掌必須用力，掌指高與眉齊。②前掃必須迅速，脚掌不可離地；上身必須正直，掃轉必須達到一周。



110

48. PUSH HAND AND SWEEP LEG

Movements:

(1) Turn toes of left foot inward, rotate torso rightward and bend right leg at knee to form a horse-ride step. With the rightward rotation of torso, turn right forearm externally so that palm side of right fist faces upward and bring right fist with elbow bent to the right side of waist. At the same time, change left fist into palm and push it horizontally leftward with its ulnar side facing outward and fingers up. Look at left palm. (Fig. 108)

(2) Turn toes of left foot outward, stretch right leg and sweep right leg forward in a full circle with sole flat on ground. When sweeping right leg, pull left palm back to the front of chest with bent elbow and bring right fist from the right side of waist to meet left palm with palm placed behind fist. (Figs. 109-110)

Points to remember:

(1) Push palm forcibly and keep fingers at eyebrow level.

(2) Sweep leg quickly and make sure that sole of sweeping foot is kept flat on ground. Keep torso erect and sweep leg in a full circle.



111

四十九、弓步插掌

動作分解：

右拳變掌，從胸前向前下方斜插伸出，掌心朝上；左掌收於右腋下面，掌心朝下；左臂貼身；兩腿成爲左勢弓箭步（圖111）。

要領說明：

弓步插掌必須和前面的掃腿動作接連一起做，插掌要有力，五指要併緊，掌的位置在水平綫下的45度。

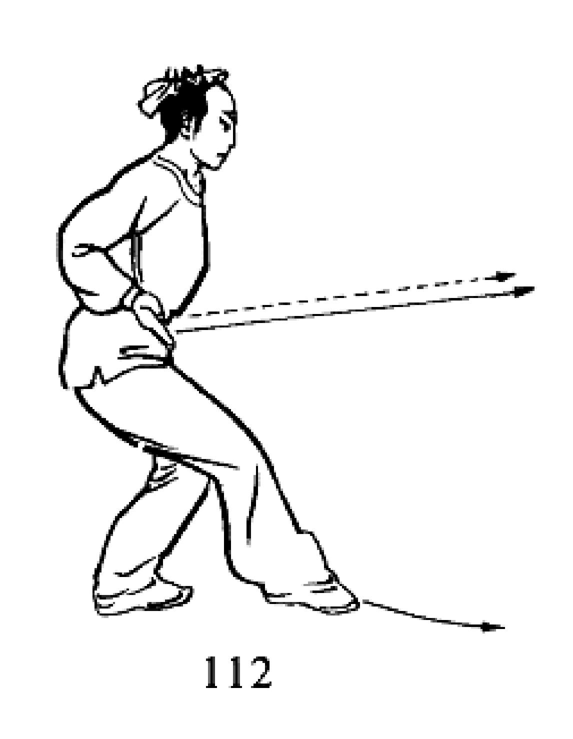
49. THRUST PALM IN BOW STEP

Movements:

Open right fist into palm. Thrust palm from the front of chest obliquely downward with palm side of hand up. Place left palm under right armpit with palm side of hand facing downward and left arm pressed against body. Stretch right leg to form a left bow step. (Fig. 111)

Points to remember:

The thrusting of palm in bow step should be done coherently with the sweeping of leg in the previous exercise. Thrust palm forcibly at an angle of 45 degrees and keep fingers close to each other.

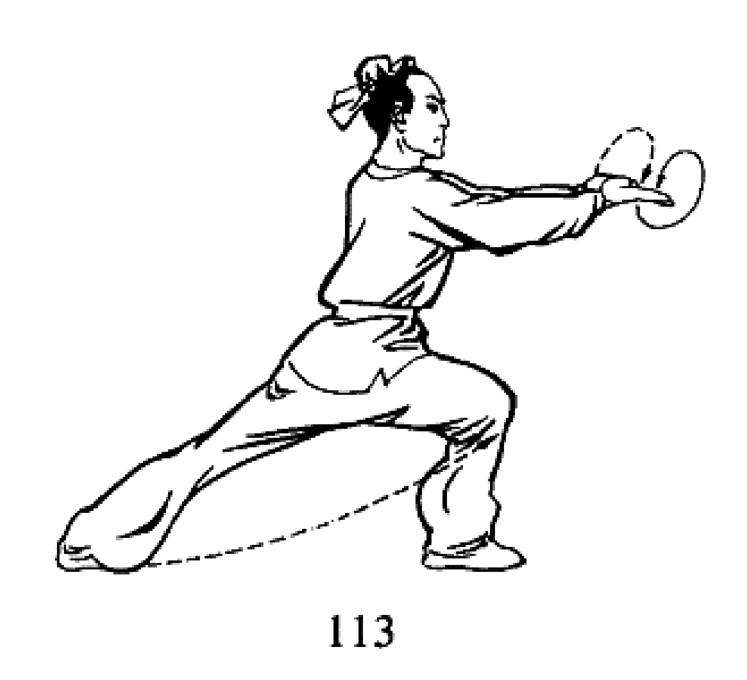


112

五十、回身抓扯

動作分解：

①兩掌一起屈肘收抱於兩腰側，掌心朝上；左脚尖裏扣，上身同時從右向後轉，對向正東方，右脚隨之後移半步，以脚前掌虛沾地面；左腿屈膝略蹲，右腿也稍作屈膝（圖112）。②右脚向前上步，左腿挺膝蹬直，右腿屈膝半蹲，形成右勢弓箭步；兩掌同時向前平伸穿出，掌心均朝上（圖113）。③上身稍向前傾，左腿屈膝，左脚離地，從後扣搭在右腿的膝後腿彎處，脚尖勾起；兩掌在左脚扣腿的同時，一起向外、向上、向裏、向下，用腕關節爲軸繞一小環形，繞至掌心朝下時，五指握攏變拳抓緊（圖114）。④左脚向後落步，左腿屈膝半蹲，上身同時左轉對向正北方，右脚跟隨之外展，兩拳從前向下扯帶，兩臂稍屈（圖115正面及圖115背面）。



113

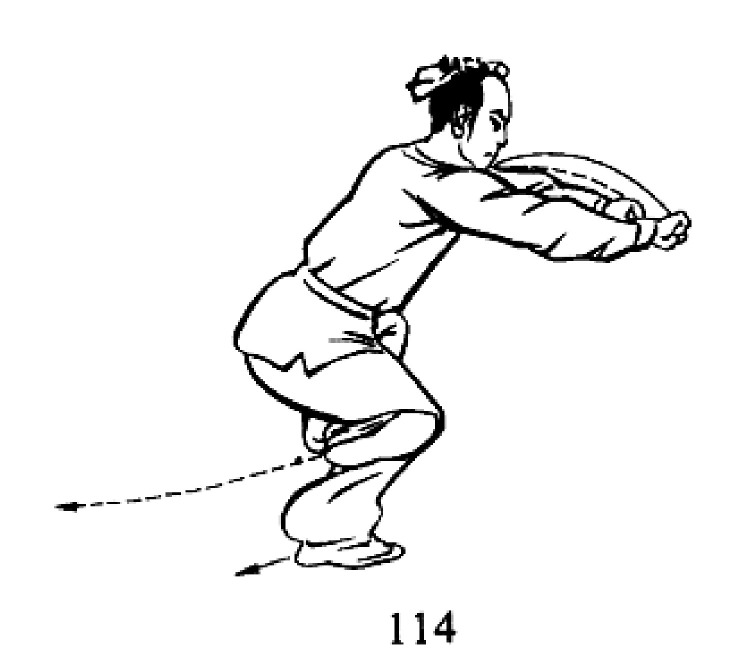
50. TURN TORSO AND PULL DOWN

Movements:

(1) Place palms on hips with elbows bent and backs of hands facing downward. Turn toes of left foot inward and, at the same time, rotate torso rightward to the back to face due east. Take half a step backward with right foot and rest its ball on ground. Slightly bend both legs at knee. (Fig. 112)

(2) Take a step forward with right foot, stretch left leg and bend right leg into a half squat to form a right bow step. Extend both palms forward with backs of hands facing downward. (Fig. 113)

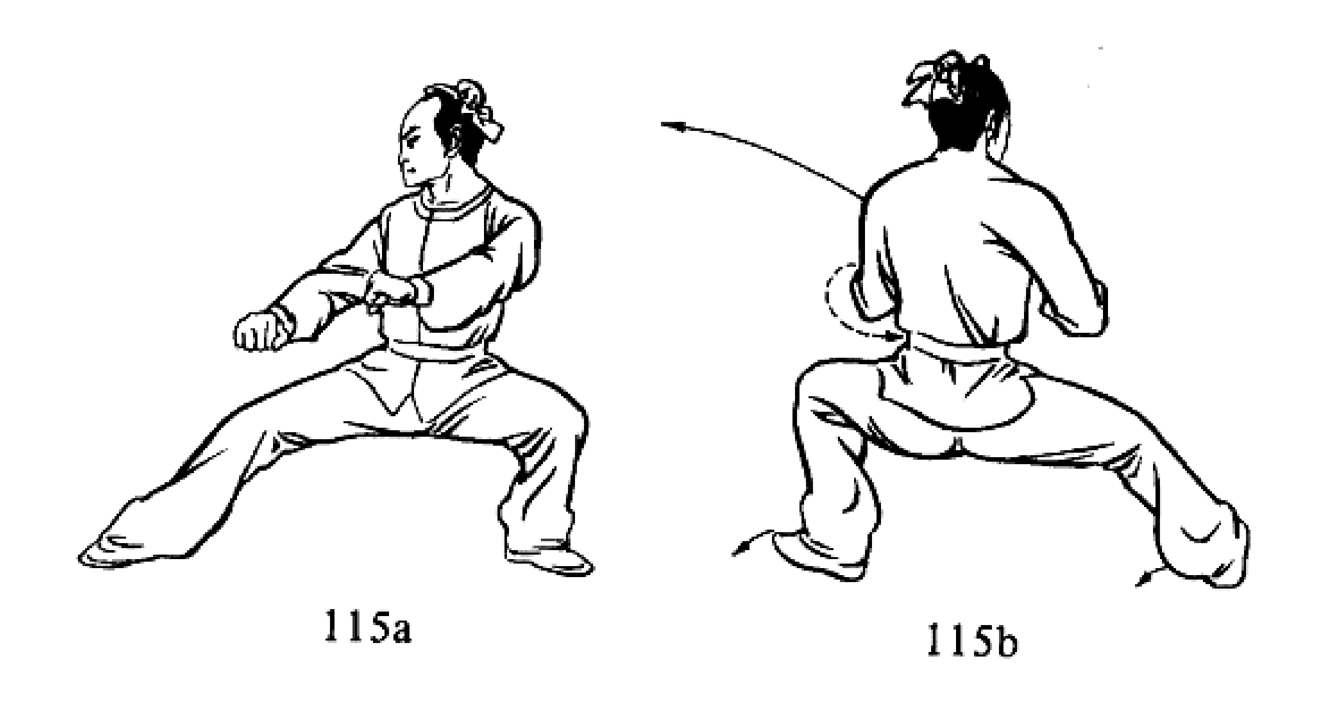
(3) Lean torso a bit forward, raise left foot with bent knee to lock right leg at knee from behind with toes of left foot tilted up. While left foot locks right leg, both palms, using wrists as the axes, simultaneously describe circles outward, upward, inward and downward until palms face downward. Clench palms into fists. (Fig. 114)



114

要領說明：

抓扯必須有力，扣腿時支撐之腿要站立穩固。



115a 115b

(4) Take a backward step with left foot and bend left leg at knee into a half squat. At the same time, rotate torso leftward to face due north, turn toes of right foot outward and pull fists down with elbows slightly bent. (Fig. 115 front view and side view)

Points to remember:

Pull down fists with force. Stand firm on right leg while locking its knee with left foot.

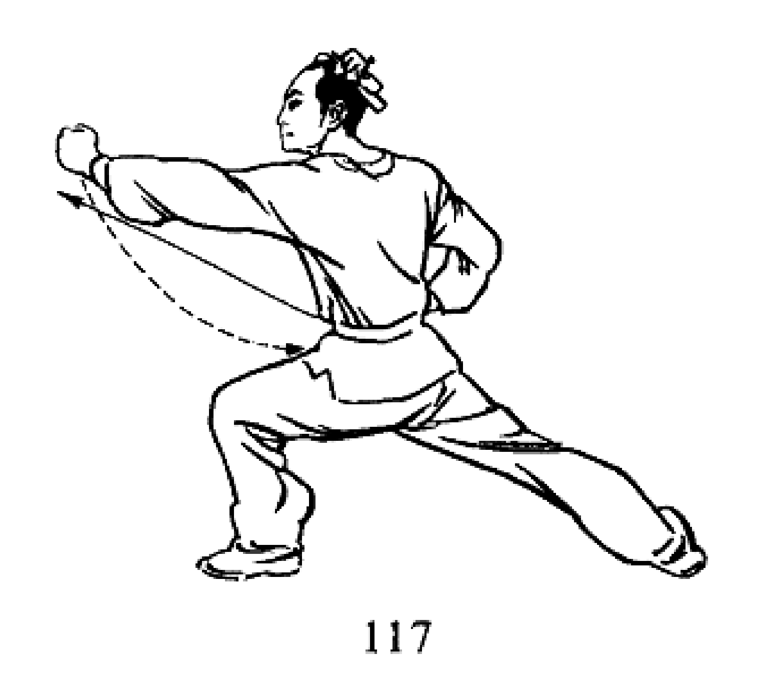


116

五十一、急衝三拳

動作分解：

①右脚尖裏扣，左脚尖外展，上身左轉對向正西方，右腿挺膝蹬直，左腿屈膝半蹲，成為左勢弓箭步；左拳在上身左轉的同時，臂外旋使拳心朝上，屈肘收抱於左腰側；右拳則向前平伸衝出，拳眼朝上；眼看右拳（圖116）。②上動不停，右拳臂外旋使拳心朝上，屈肘收抱於右腰側；左拳同時向前平伸衝出，拳眼朝上；眼看左拳（圖117）。上動不停，左拳臂外旋使拳心朝上。屈肘收抱於左腰側；右拳同時向前平伸衝出，拳眼朝上；眼看右拳（圖118）。



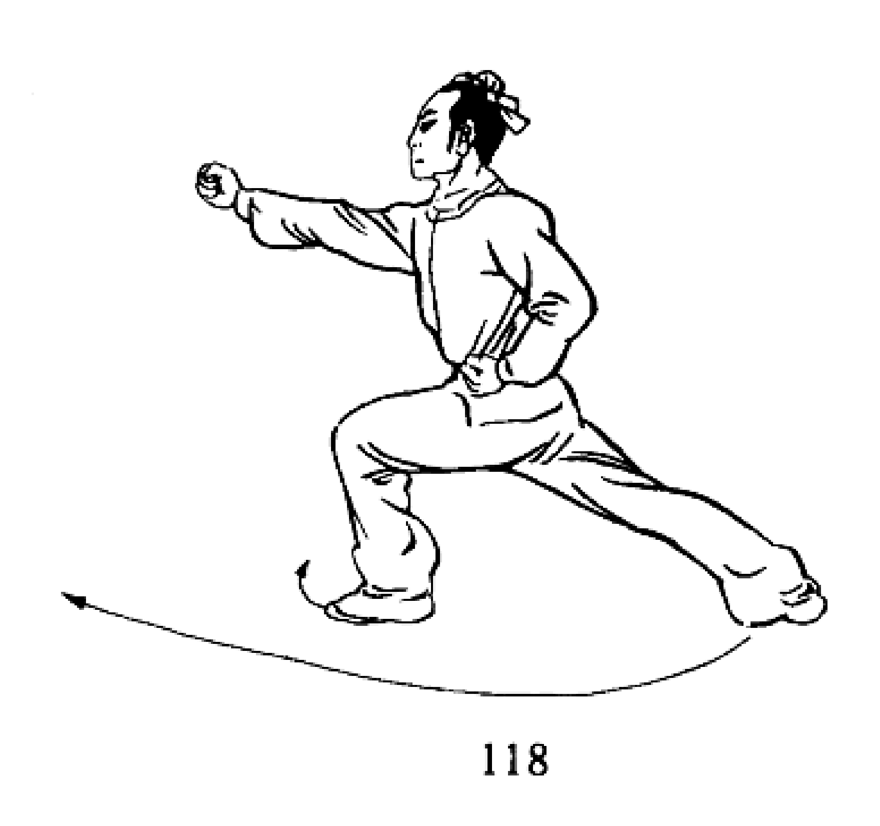
117

51. PUNCH THREE TIMES IN A ROW

Movements:

(1) Turn toes of right foot inward and those of left foot outward, rotate torso leftward to face due west, stretch right leg and bend left leg at knee to form a left bow step. With the leftward rotating of torso, turn left forearm externally so that palm side of left fist faces upward and bring it to the left side of waist with bent elbow. Thrust right fist horizontally forward with its thumb side facing upward. Look at right fist. (Fig. 116)

(2) Without any pause, turn right forearm externally so that palm side of right fist faces upward and bring it to the right side of waist with bent elbow. Thrust left fist horizontally forward with its thumb side facing upward. Look at left fist. (Fig. 117)



118

要領說明：

①三拳必須連貫地非常快速的衝擊。②衝拳時，右拳前衝則右肩必須順送，左拳前衝則左肩必須順送，拳的高度稍過肩部。③弓箭步必須保持穩固，不要受急衝拳的影響，而產生凸臀或步位的移動。

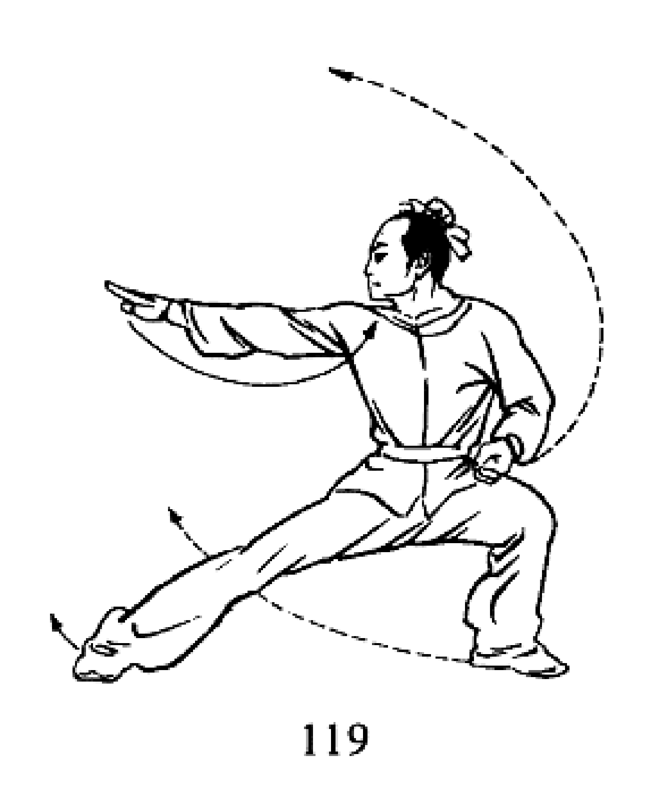
(3) Without any pause, turn left forearm externally so that palm side of left fist faces upward and bring it to the left side of waist with bent elbow. Thrust right fist horizontally forward with its thumb side facing upward. Look at right fist. (Fig. 118)

Points to remember:

(1) The three punches should be delivered continuously, quickly and forcibly.

(2) Extend right shoulder forward while punching with right fist and extend left shoulder forward while punching with left fist. Fists should be raised a little higher than shoulder level.

(3) The bow steps should be firm. Keep buttocks pulled in.



119

五十二、伏地後掃

動作分解：

左腳尖裏扣，左腳跟離地掀起，左腿作全蹲，上身同時右轉，兩拳變掌扶撑於右小腿的前面地下，右腳貼着地面，趁上身右轉之勢，向後掃轉半周；當右腳掃至正西方向時，上身直起，左掌變拳屈肘收抱於左腰側，拳心朝上，右掌則在上身直起的同時向正西方向平舉，掌心朝下；眼看右掌（圖119）。

要領說明：

後掃必須使脚貼着地面，腿要伸直，掃轉要快速；在掃至半周時，兩手離地的動作和上身的直起必須迅速。

52. SWEEP LEG BACKWARD IN CROUCH STEP

Movements:

Turn toes of left foot inward, raise left heel and squat fully on left leg. Turn torso rightward, open fists and place palms on ground inside right leg. With the turn of torso sweep right leg backward in a semi-circle with foot kept on ground. When right leg is moved to point to the due west, straighten torso up. At the same time, change left palm into fist and place it on left hip with elbow bent, palm side of fist facing upward and hold right palm up horizontally in the direction of the due west with the back of hand upward. Look at right palm. (Fig. 119)

Points to remember:

The sweeping of leg should be done quickly with leg stretched and foot on ground. Raise palms from ground and unbend torso swiftly as soon as right leg finishes its sweeping.


120


121

五十三、踩腿蓋打

動作分解：

①左腿直起；右掌變拳，臂外旋使拳眼朝下，屈肘向下、向裏、向右肩前挽臂繞環，繞至右肩前時拳心朝下；左拳變掌，在右拳挽臂繞環的同時從左腰側下垂，向左、向上直臂繞環，至上方時肘微屈，掌心朝上；左腿在兩臂繞環的同時屈膝提於身前，左脚尖上翹；右脚不動，右腿直立；眼向西北斜前方平視（圖120）。②上動不停，左脚從右腿的前面向西北斜前方蓋步下踩落地，兩腿隨之屈膝成爲歇步，左大腿蓋壓在右大腿的上面，右脚跟離地掀起，臀部坐落於右小腿；左掌在左脚下踩的同時，從上向右、向下、由右臂肘的外面，繞環下沉至右腋下，掌心朝下；右拳則在左掌繞環下沉的時候，從右肩前向上、向西北斜前方蓋打下壓，拳背朝下，肘微屈；眼看右拳（圖121）。

要領說明：

①兩臂的繞環和左腿的提膝，必須協調一致；左掌的下沉、右

53. UPPERCUT IN SEATED STEP

Movements:

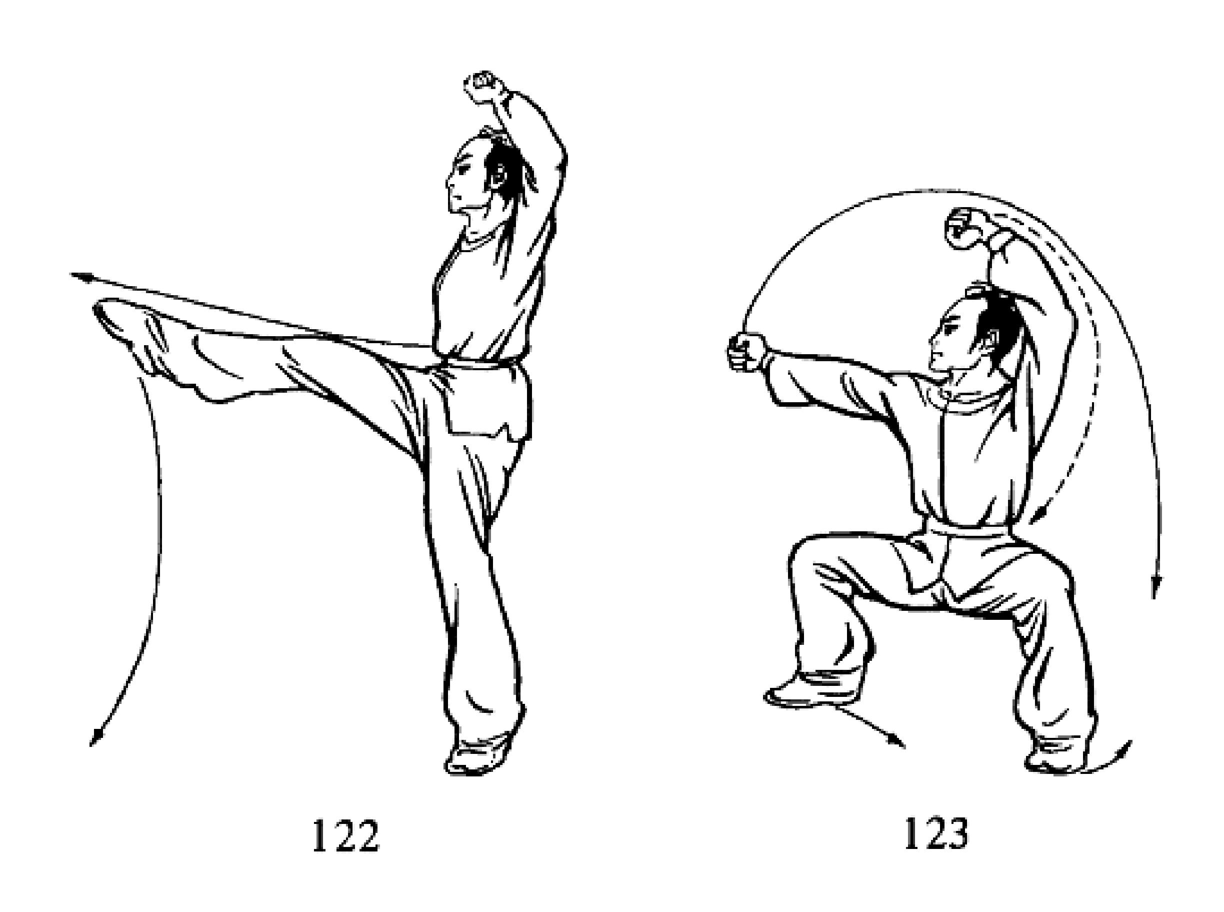
(1) Straighten up left leg. Change right palm into fist, rotate right forearm externally so that thumb side of right fist faces downward. Right fist makes an arc with elbow bent downward, upward and inward until it lies in front of right shoulder with palm side facing downward. At the same time, left fist opens into palm and makes an arc from the left side of waist with unbent elbow downward, leftward and upward. When left palm is raised overhead, slightly bend left elbow with palm facing upward. With the movements of hands, raise left leg in front of body with knee bent, toes turned up. Stand firm on right leg and look ahead to the northwest. (Fig. 120)

(2) Without any pause, land left foot on ground to the northwest and bend both knees to form a seated step with left thigh placed on right thigh, buttocks sitting on right calf and right heel raised from ground. Simultaneously with the landing of left foot, left hand makes an arc upward, rightward and downward past the outside of right elbow until it comes under right armpit with palm facing downward, when left palm swings downward, punch right fist from the front of right shoulder upward toward the northwest in an uppercup with palm side of fist facing upward and elbow bent. Look at right fist. (Fig. 121)

Points to remember:

(1) The making of arcs with hands and the raising of left leg in front of body as well as the swinging down of left palm, the punching in an uppercut with right fist and the landing of left foot should be coordinated.

(2) The landing of left foot and the punching with right fist should be done with force. The punching fist should be at shoulder level.



122　　　　　　123

拳的蓋打和左脚的下踩，也必須協調一致。②下踩和蓋打，都必須有力；蓋打之拳高與肩平。

五十四、踢腿馬步架打

動作分解：

①兩腿直起站立，右拳屈肘收抱於右腰側，拳心仍朝上；左掌在右拳屈肘的同時，順着右臂的下面向前、向上屈肘架舉，掌心朝上，掌指朝右；右脚即從左腿的後面，向西北斜前方踢出，脚面繃平，脚尖朝前；眼看右脚（圖122）。②右脚向西北斜前方落步，左脚不動，兩腿屈膝半蹲成爲馬步；左掌不動，右拳即從右腰側，向右平伸衝出，拳眼朝上；眼看右拳（圖123）。

要領説明：

踢腿必須有力，支撑之腿要伸直站立穩固;衝拳必須快而有力，拳高稍過肩部；上身保持挺胸、塌腰，兩肩要稍向後張展，馬步不要過低或過高，兩大腿必須蹲平。

54. KICK AND PUNCH IN HORSE-RIDE STEP

Movements:

(1) Straighten up both leg, bend right elbow and place right fist on the right side of waist with palm side of fist facing upward. With the bending of right elbow, extend left palm from under right armpit forward and upward until it lies overhead with elbow bent, palm side facing upward and fingers pointing to the right. Kick right foot from behind left foot toward the northwest with ankle straightened and toes pointing forward. Look at right foot. (Fig. 122)

(2) Set right foot obliquely forward to the northwest. Bend both legs at knee into a horse-ride step. Thrust right fist horizontally forward from the right side of waist with its thumb side facing upward. Look at right fist. (Fig. 123)

Points to remember:

Kick forcibly, straighten up the supporting leg and stand firm on it. The punch should be quick and forcible with fist raised slightly above shoulder level. Keep torso erect, waist dropped and shoulders extended slightly backward. Thighs should be level in the horse-ride step.



124

五十五、轉身歇步壓肘

動作分解：

兩脚掌一起碾地爲軸，使上身左轉，對向東南斜前方；兩腿隨之成爲歇步，左大腿蓋壓在右大腿上面；左掌同時變拳，屈肘收抱於左腰側，拳心朝上；右拳在上身左轉時，從右側直臂上擧，在兩腿成爲歇步時，從上以小臂後側爲力點，向東南斜前方沉降下壓，拳背朝下，肘略屈；眼看右拳（圖124）。

要領說明：

轉身、歇步、抱拳、壓肘等動作，都必須在同一時間內進行和完成；轉身要迅速，壓肘要沉重有力；歇步壓肘時，上身要稍作前傾，但須防止兩肩聳起。

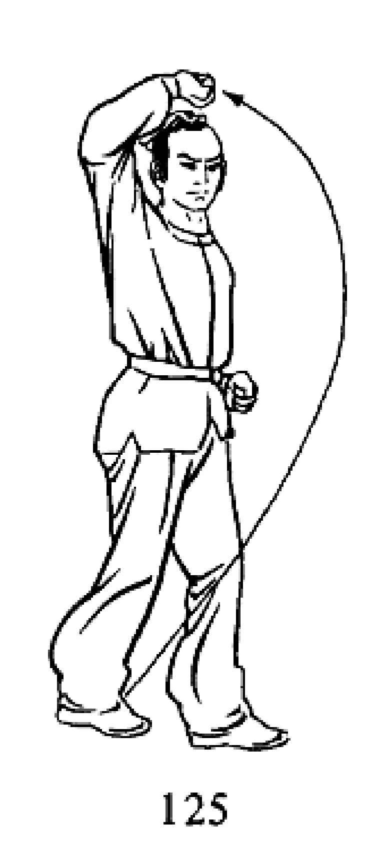
55. TURN TORSO AND PRESS DOWN ARM IN SEATED STEP

Movements:

Using soles of both feet as pivots, rotate torso leftward to face southeast and squat down to form a seated step with left thigh resting on right thigh. At the same time, change left palm into fist and bring it to the left side of waist with its palm side facing upward. With the left turn of torso, raise right fist with stretched arm and, while squating into a seated step, press right arm obliquely forward and downward to the southeast with elbow slightly bent, force focused on the upper part of forearm and back side of fist facing downward. Look at right fist. (Fig. 124)

Points to remember:

The turning of torso, the forming of the seated step, the bringing of left fist to the left side of waist and the pressing down of right arm should be completed simultaneously. Turn torso quickly and press down right arm with force. Incline torso slightly forward while pressing down right arm and make sure that shoulders are not raised.



125

五十六、前踢腿

動作分解：

①兩腿直起站立，右拳屈肘上舉（圖125）。②上動不停，右腳腳尖勾起，直腿向額前踢擺，左腳不動，左腿直立（圖126）。

要領說明：

兩腿均要伸直，支撐的腳必須站立穩固，不要移動，右腳腳尖要踢至額前，不要超過頭部，上身防止後仰或過分前傾，踢擺要快速、有力。



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56. FRONTAL KICK

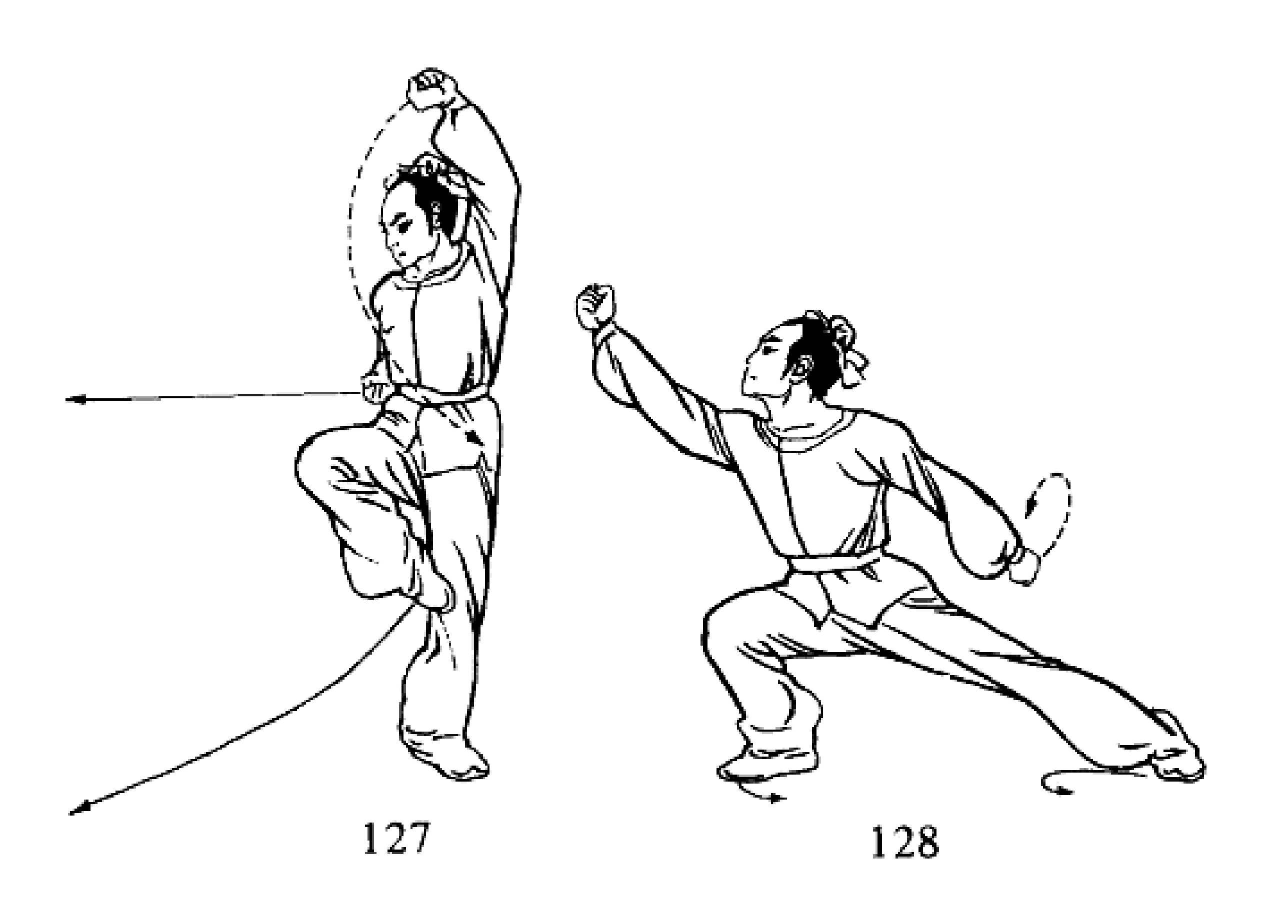
Movements:

(1) Straignten up both legs and raise right fist above head with elbow bent. (Fig. 125)

(2) Without any pause, kick right foot upward toward forehead with leg stretched and ankle joint dorsiflexed. Keep left leg straight and firm on ground. (Fig. 126)

Points to remember:

Keep both legs straight at knee. The supporting foot should stand firm on ground. Kick right foot upward toward forehead quickly and forcibly and don't raise it above head. Torso should not lean forward or backward too much.



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五十七、弓步上衝拳

動作分解：

①右腿屈膝提於身前；右拳同時從上向右、向下直臂弧形繞環，屈肘收抱於右腰側，拳心朝上；左拳隨之從左腰側向左、向上，直臂弧形繞環，拳心朝上；上身右轉，面向正西方向（圖127）。②上動不停，右腳向正西前方落步，右腿屈膝半蹲，左腿伸直，成爲右勢弓箭步；左拳隨之從上向前、向下、向後直臂弧形繞環，至後方時反臂斜舉，拳眼朝下；右拳同時從右腰側向前上方斜伸上衝，拳心朝上；眼看右拳（圖128）。

要領說明：

①上述的分解動作，必須連貫起來做，中間不要停頓。②右腳落步、左拳繞環斜舉、右拳上衝，這三動必須協調一致，同時完成。③衝拳要有力，拳高稍過頭部。

57. UPPERCUT IN BOW STEP

Movements:

(1) Raise right knee in front of body. At the same time, swing right fist rightward and downward in an arc with unbent elbow. Withdraw right fist to the right side of waist with elbow bent and palm side of fist facing upward. Turn torso rightward to face due west. (Fig. 127)

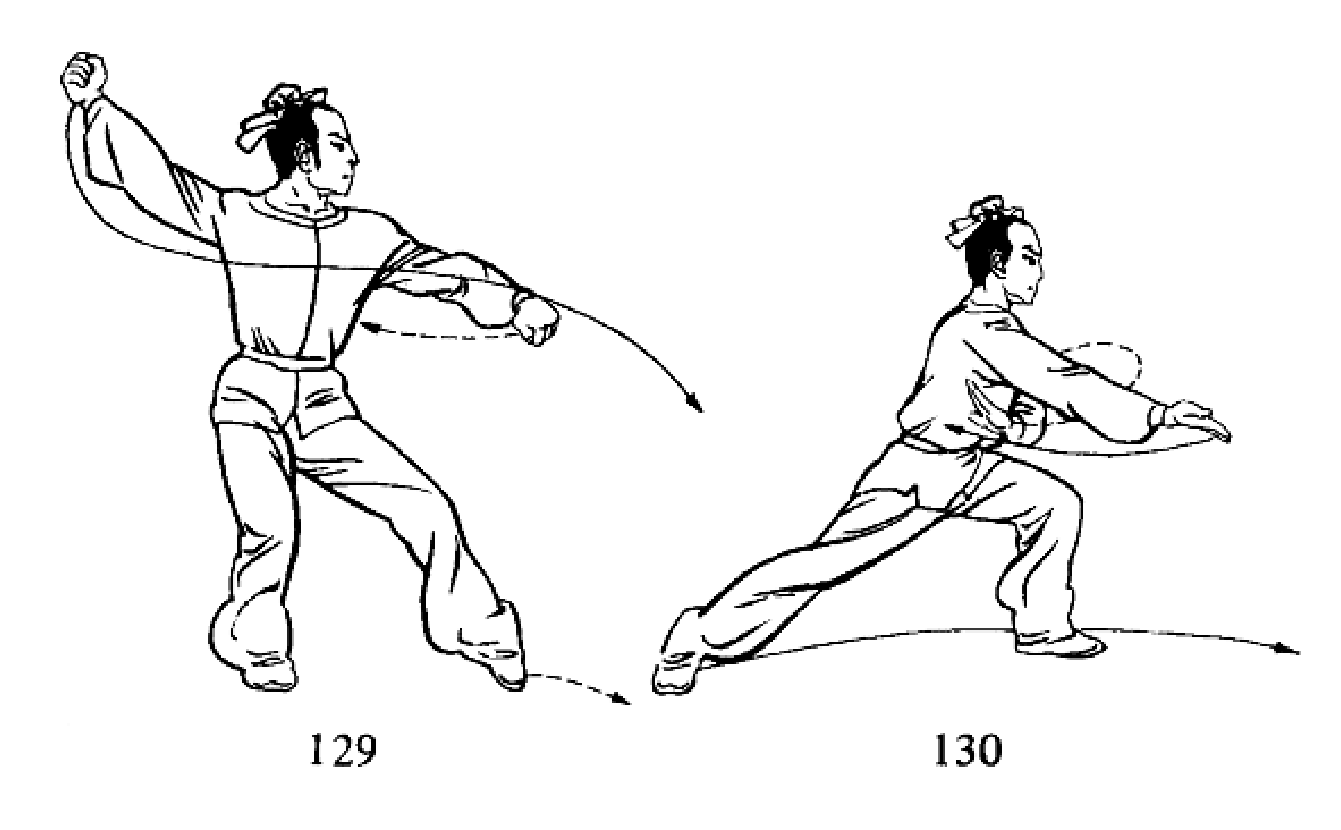
(2) Without any pause, land right foot forward to the due west, bend right leg at knee into a half squat and stretch left leg to form a right bow step. Swing left fist forward, downward and backward in an arc with arm stretched and hold forearm obliquely upward behind the back with thumb side of fist facing downward. At the same time, thrust right fist from the right side of waist obliquely forward and upward in an uppercut with palm side of fist facing upward. Look at right fist. (Fig. 128)

Points to remember:

(1) The above-mentioned movements should be done continuously without any breaks.

(2) The landing of right foot, the swinging of left fist, the raising of left forearm obliquely upward behind the back and the uppercut with right fist should be coordinated and completed simultaneously.

(3) Punch with force and fist should be raised a bit above head.



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五十八、回身弓步插掌

動作分解：

①左拳臂外旋使拳心朝上，向外、向上、向裏、向下繞一小環形，臂隨之內旋，將拳心繞向下方，肘稍屈；右腳尖同時裏扣，右腿稍直起，上身隨之左轉；左腳移回半步，以腳前掌虛沾地面，左腿稍作屈膝（圖129）。②上動不停，左腳立即向前進步，右腿挺膝蹬直，左腿屈膝半蹲，成爲左勢弓箭步；右拳屈肘收於右腰側，在左腳進步的同時變掌，從右腰側由左拳上面，向前下方斜插伸出，掌心朝上；左拳在右掌插伸時變掌，順着右臂下面屈肘收至右腋下，掌心朝下；眼看右掌（圖130）。

要領說明：

上述分解動作，必須連貫起來做，中間不要停；插掌必須迅速，收掌必須和插掌的動作一致行動。

58. TURN TORSO AND THRUST PALM IN BOW STEP

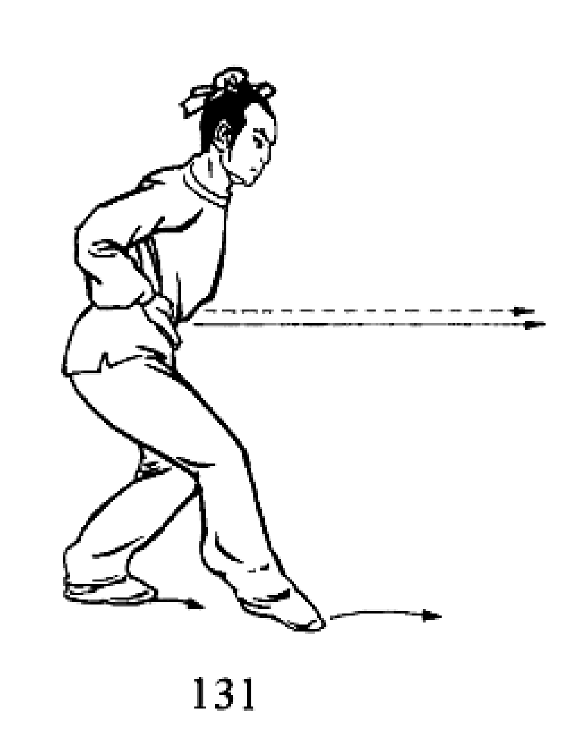
Movements:

(1) Rotate left forearm externally so that palm side of fist faces upward. Move left fist outward, upward, inward and downward in a circle and, at the same time, rotate left forearm internally so that palm side of left fist faces downward with elbow slightly bent. Simultaneously, turn toes of right foot inward, stretch right leg a little and turn torso leftward. Move left foot half a step backward, resting ball of foot on ground and bending left leg a little. (Fig. 129)

(2) Without any pause, take a step forward with left foot, stretch right leg and bend left leg into a left bow step. Bring right fist to the right side of waist with elbow bent, change it into palm while moving left foot forward and thrust it obliquely forward over left fist with palm facing upward. With the thrusting of right palm, change left fist into palm and move it with bent elbow along right arm until it lies under right armpit with palm of hand facing downward. Look at right palm. (Fig. 130)

Points to remember:

The above-mentioned movements should be done continuously without any breaks. Thrust right palm forward quickly. The thrusting of right palm and the withdrawing of left palm should be coordinated.

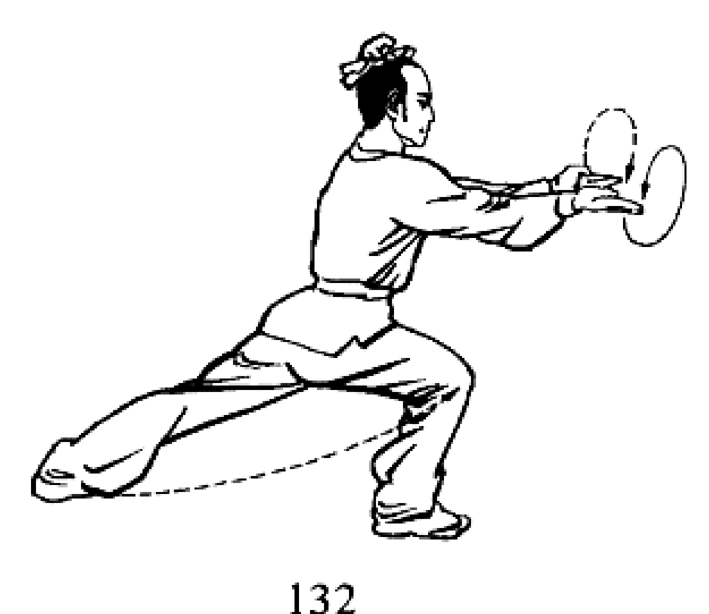


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五十九、蹚步抓扯

動作分解：

①左脚不動，右脚向前上步，以脚前掌虛沾地面；左掌從右腋下向前直伸，臂外旋，使掌心朝上和右掌一起，從前向兩腰側屈肘收回，兩掌掌心仍朝上（圖131）。②右脚着地踏實，上身前移，左脚擦着地面迅速向前、向右脚蹚碰；右脚在左脚蹚步碰擊時，即向前進一步，左腿隨之在後挺膝蹬直，右腿同時屈膝半蹲，成爲右勢弓箭步；兩掌即從兩腰側向前平伸穿出，掌心仍朝上（圖132）。



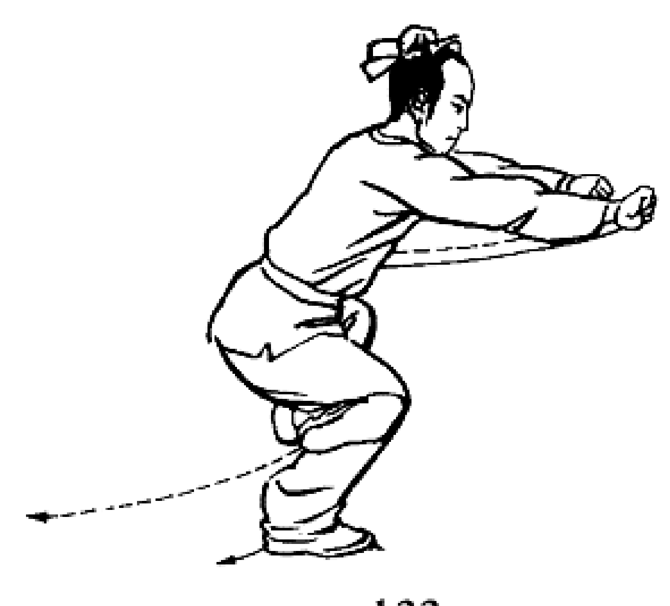
132

59. BUMP FOOT AND PULL HANDS DOWN

Movements:

(1) Keep left foot where it is. Right foot takes a step forward with ball of foot resting on ground. Extend left palm forward with straightened elbow and turn palm up by rotating forearm externally. Then pull both palms back with bent elbows to the side of waist with palm sides of hands facing upward. (Fig. 131)

(2) Place right sole flat on ground. Shift torso forward and swiftly move left foot forward with sole kept flat on ground to bump right foot. Upon being bumped, right foot takes a step forward. At the same time, left leg stretches out in the rear and right leg bends at knee to form a right bow step. Meanwhile, extend both palms horizontally forward from the side of waist with palms facing upward. (Fig. 132)

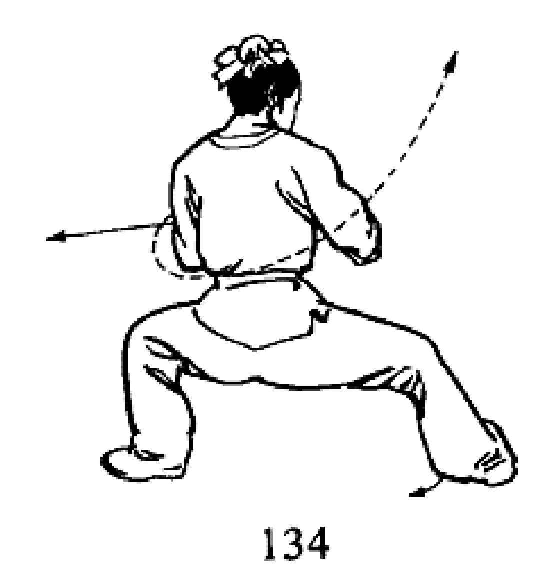


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③上身稍向前傾，左腿屈膝，左脚離地，從後扣搭在右腿的膝後，脚尖勾起；兩掌在左脚扣腿的同時，一起向外、向上、向裏、向下，用腕關節爲軸繞一小環形。繞至掌心朝下時，五指握攏變拳抓緊（圖133）。④左脚向後落步，左腿屈膝半蹲，上身同時左轉對向正北方，右脚跟隨之外展，兩拳從前向下扯帶，兩臂稍屈(圖134)。

要領說明：

同第五十動的回身抓扯。



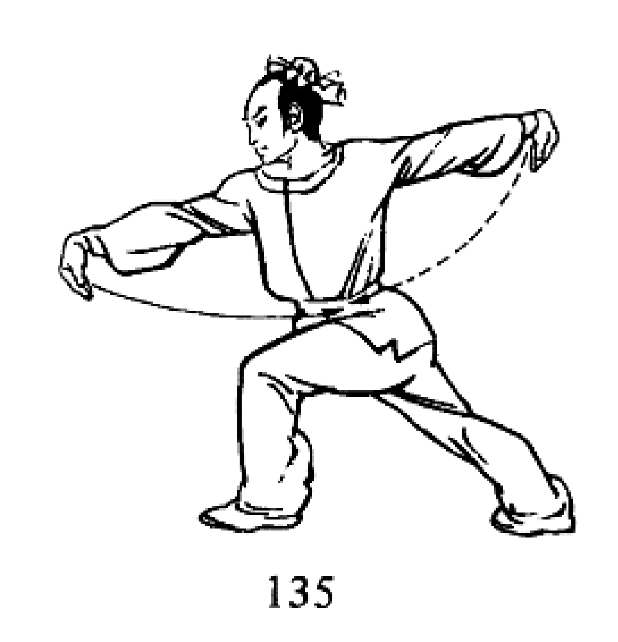
134

(3) Lean torso slightly forward, raise left foot with bent knee to lock right leg at knee from behind with toes of left foot tilted up. While left foot locks right leg, both palms, using wrists as the axes, simultaneously describe a circle outward, upward, inward and downward until palms face forward. Turn palms into fists. (Fig. 133)

(4) Take a backward step with left foot and bend left leg at knee into a half squat. At the same time, rotate torso leftward to face due north, turn toes of right foot outward and pull fists down with elbows slightly bent. (Fig. 134)

Points to remember:

The same as those for Exercise 50.



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六十、弓步撩臂

動作分解：

右脚尖裏扣，左脚尖外展，上身左轉對向正西方，右腿挺膝蹬直，左腿屈膝半蹲，成爲左勢弓箭步；左拳同時變成鈎手，從身前伸向身後斜上方，鈎尖朝下；右拳也同時變成鈎手，從身前直臂下垂，向前撩打，鈎尖朝下；眼看右鈎手（圖135）。

要領說明：

兩鈎手必須五指撮攏，腕關節儘量下屈，兩臂肌肉暫時投入緊張狀態。

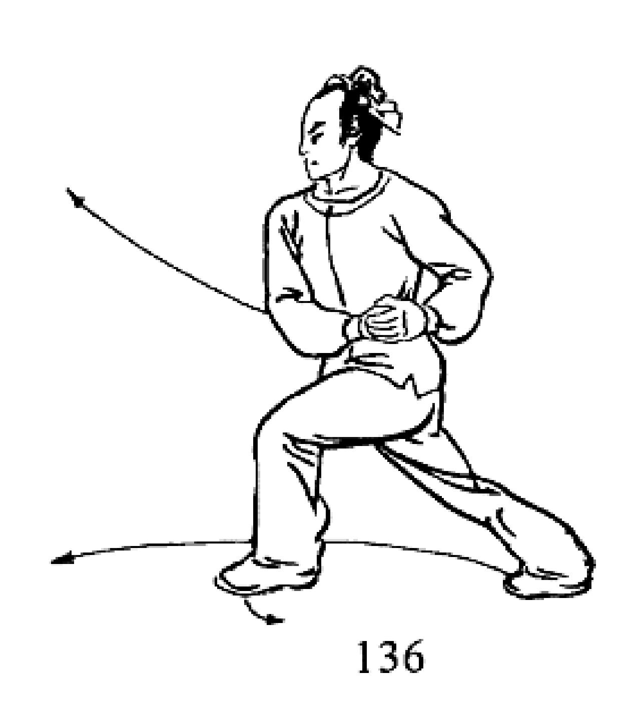
60. BUMP WITH ARM IN BOW STEP

Movements:

Turn toes of right foot inward and those of left foot outward and rotate torso leftward to face due west. Stretch right leg and bend left leg at knee to form a left bow step. At the same time, change left fist into a hooked hand and extend it backward and a bit upward with fingertips turned downward from wrist. Meanwhile, change right fist into a hooked hand, bring it down in front of body with straightened elbow and then bump arm forward with fingertips pointing downward. Look at right hooked hand. (Fig. 135)

Points to remember:

Bunch fingers together in hooked hands, bend wrists downward as much as possible and tighten arm muscles.



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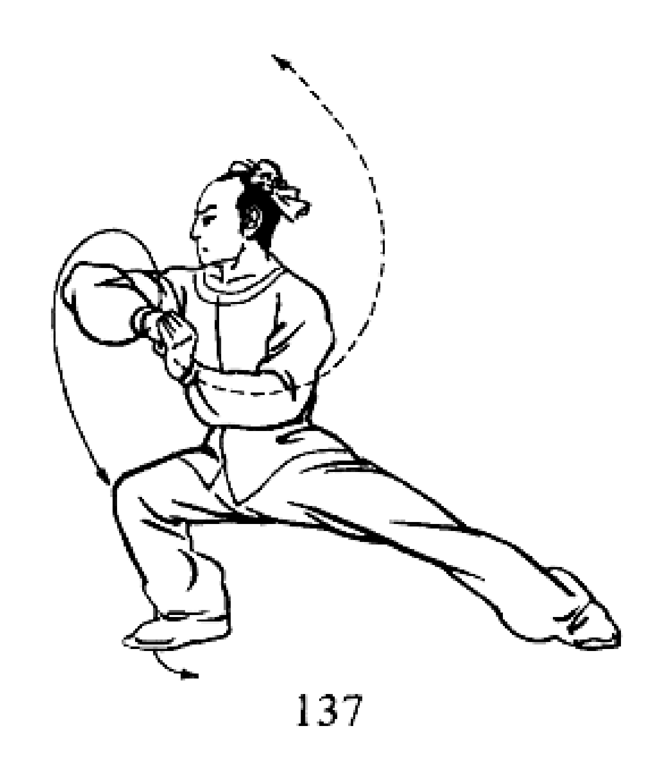
六十一、上步頂肘

動作分解：

①右鉤手變拳，從前屈肘收抱於左腰側，拳眼朝上；左鉤手鬆開，從後屈肘收至左腰側，用手心握抱右拳拳面，拇指外側朝上(圖136)。②右腳向正西前方上步，左腿挺膝蹬直，右腿屈膝半蹲，成爲右勢弓箭步；右臂同時用肘向前平撐頂出，右拳拳心朝下，左手向前推送右拳，左臂肘下垂貼身；眼向前平視（圖137）。

要領說明：

頂肘必須撐平，大小臂要屈攏併緊，上身保持正直，弓箭步防止掀腳拔跟。



137

61. STEP FORWARD AND ELBOW

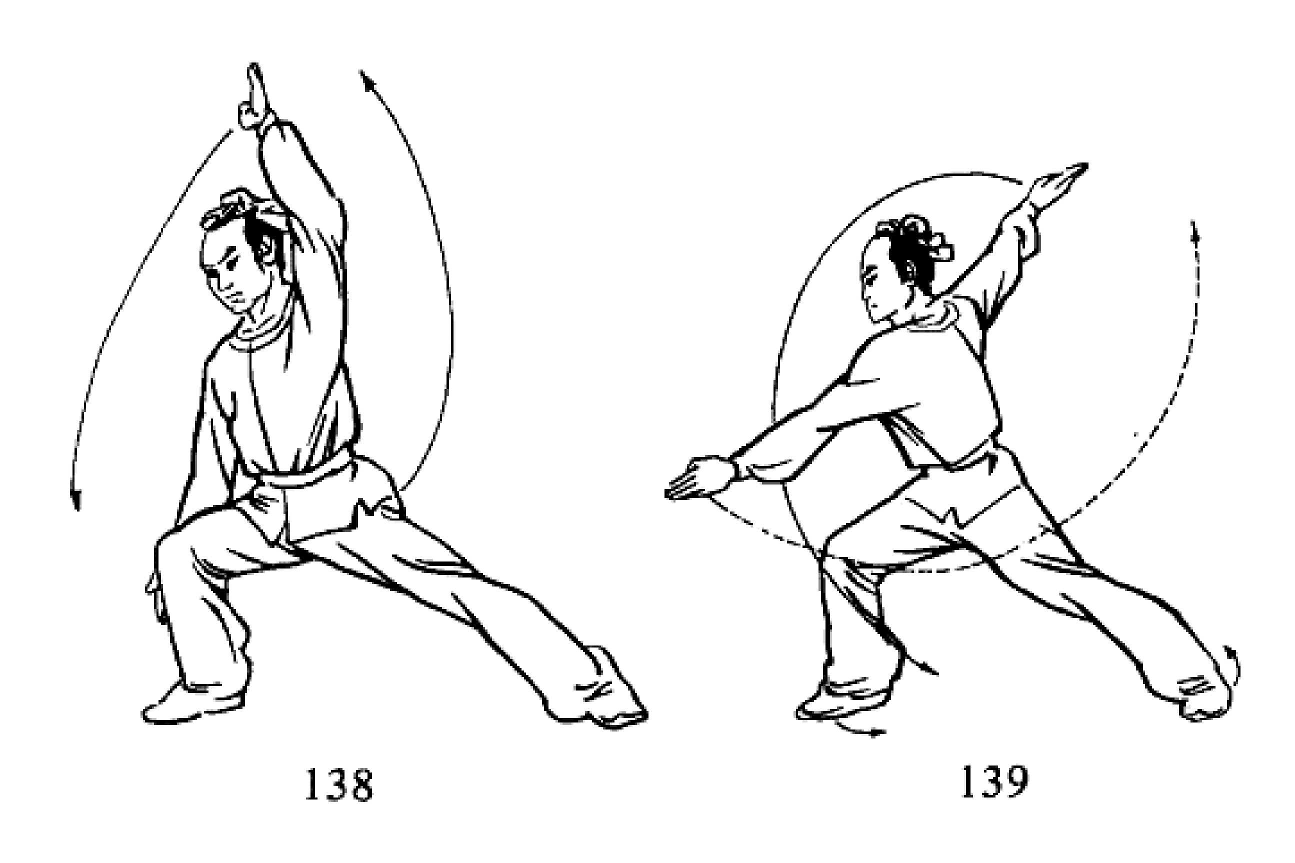
Movements:

(1) Change right hooked hand into fist and pull it back to the left side of waist with elbow bent and thumb side of fist facing upward. At the same time, open left hooked hand, bring it to the left side of waist to hold right fist with thumb side of palm facing upward. (Fig. 136)

(2) Take a forward step to the due west with right foot, stretch left leg, bend right leg at knee to form a right bow step. At the same time, thrust right elbow horizontally forward with palm side of right fist facing downward. Meanwhile, push right fist forward with left palm, left elbow pointing downward and pressed against body. Look ahead. (Fig. 137)

Points to remember:

Thrust right elbow horizontally forward and bend right forearm and upper arm as close as possible. Keep torso erect and make sure that left heel is not raised from ground.



138　　　　　　　　139

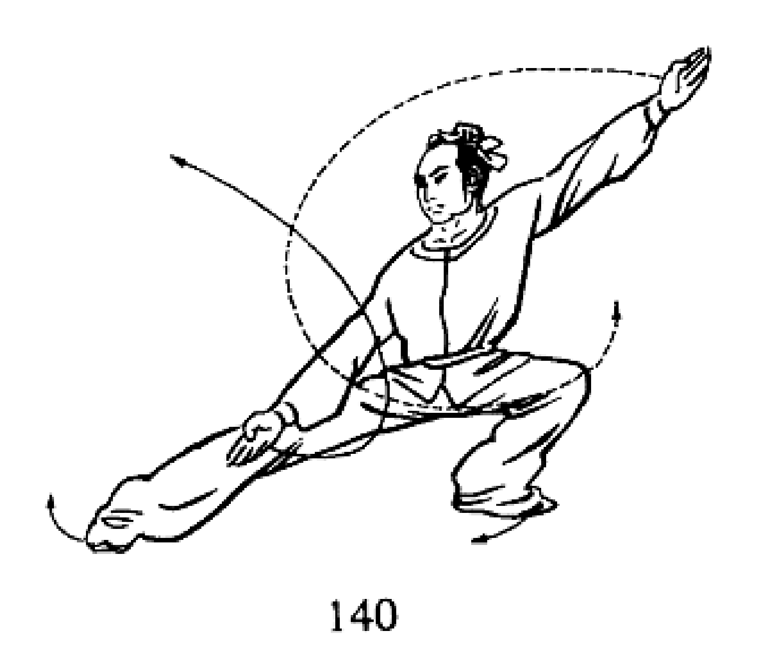
六十二、仆步掄劈掌

動作分解：

①左手成掌，向下、向後（正東）、向上直臂弧形繞環；右拳同時變掌，向上、向前（正西）、向下直臂弧形繞環（圖138）。②上動不停，左掌繼續向前、向下繞環，右掌繼續向後、向上繞環（圖139）。③上動不停，左掌繼續向後、向上繞環，斜舉於後上方，拇指外側朝上；右掌繼續向前、向下繞環劈擊，小指外側朝下；上身在右掌下劈時後移，右腿隨之伸直，左脚尖外展，右脚尖裏扣，左腿屈膝全蹲，成爲仆步；眼向前方平視（圖140）。

要領說明：

兩臂繞環時，兩肩必須放鬆；仆步的動作必須和劈掌的動作協調一致，在同一時間內進行與完成。仆步時，右腿的髖關節必須向下鬆沉，兩脚不要離地掀起，上身要挺胸、塌腰，防止臀部凸起。



140

62. CUT PALM IN CROUCH STEP

Movements:

(1) Change left hand into palm and swing it with straightened arm downward, backward (due east) and upward in a circle. At the same time, change right fist into palm and swing it with straightened arm upward, forward (due west) and downward in a circle. (Fig. 138)

(2) Without any pause, swing left palm forward and downward in a circle and right palm backward and upward in a circle. (Fig. 139)

(3) Without any pause, swing left palm backward and upward in a circle until it lies obliquely upward in the back with thumb side of palm facing upward. Cut right palm forward and downward with its ulnar side facing downward. With the cutting of right palm, shift torso backward, stretch right leg, turn toes of left foot outward and those of right foot inward, bend left leg into a full squat to form a crouch step. Look ahead. (Fig. 140)

Points to remember:

Keep both shoulders relaxed while swinging arms in circles.



141

六十三、弓步上衝拳

動作分解：

左脚尖裏扣，右脚尖外展，上身前移，左腿挺膝蹬直，右腿屈膝半蹲，成爲右勢弓箭步；左掌變拳，在上身前移的同時從上向前、向下、向後，直臂弧形繞環，至後方時反臂斜舉，拳眼朝下；右掌變拳，在左拳繞向前方時，臂內旋使拳眼朝下，屈肘挽臂在胸前挎起，在左拳繞向下、後方時，從胸前向前上方斜伸衝出，拳心朝上；眼看右拳（圖141）。

要領說明：

同第五十七動的弓步上衝拳。

The crouching and cutting movements should be coordinated and complete simultaneously. In the crouch step, keep right hip joint relaxed and dropped, soles of both feet flat on ground, torso erect, waist dropped and buttocks pulled in.

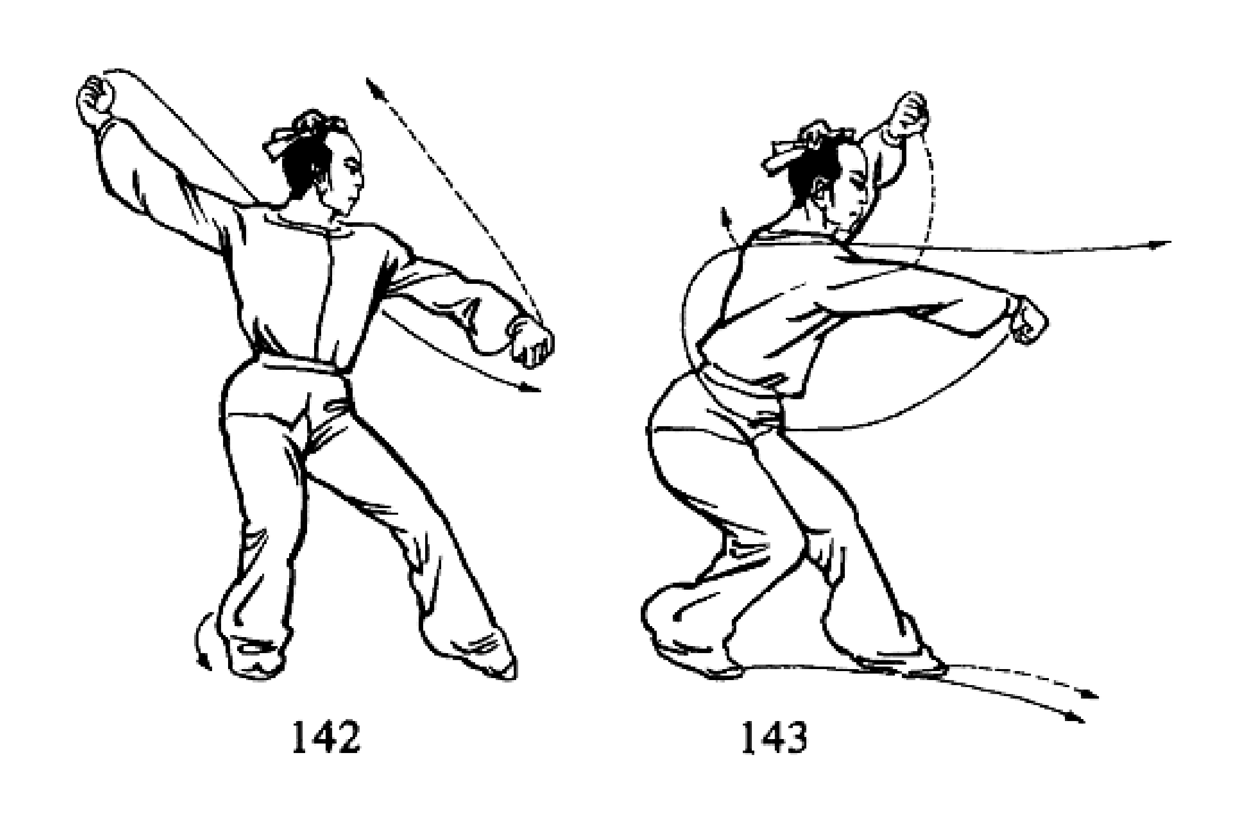
63. UPPERCUT IN BOW STEP

Movements:

Turn toes of left foot inward and those of right foot outward, shift torso forward, stretch left leg and bend right leg at knee into a half squat to form a right bow step. Change left palm into fist. With the forward shifting of torso, swing left fist forward, downward, rightward and backward with straightened arm and hold it obliquely upward behind the back with thumb side of fist facing downward. Meanwhile, change right palm into fist, rotate right forearm internally so that thumb side of right fist faces downward and raise it to the front of chest while swinging left fist forward. Thrust right fist forward and obliquely upward with palm side of fist facing upward while swinging left fist downward and backward. Look at right fist. (Fig. 141)

Points to remember:

The same as those for Exercise 57.



142　　143

六十四、回身虛步架打

動作分解：

①左拳臂外旋使拳心朝上，向外、向上、向裏、向下，繞一小環形，臂隨之內旋，將拳心繞向下方，肘稍屈；右脚尖同時裏扣，右腿稍直起，上身隨之左轉；左脚移回半步，以脚前掌虛沾地面，左腿稍作屈膝（圖142）。②上動不停，右脚跟外展，上身轉向正東方；左拳屈肘向上，橫架於頭頂前上方，拳眼朝下；右拳同時屈肘，從右耳側向前平伸冲出，拳心朝下；眼向前方平視（圖143）。

要領說明：

①上述的分解動作，必須連貫起來做，中間不要停頓。②冲拳必須有力，拳高與肩相平；上架之拳，臂肘必須屈成半圓環狀。③虛步，上身重量必須坐落在右腿上面，左脚僅是虛着地面，虛實要分清。

64. TURN TORSO AND PUNCH IN EMPTY STEP

Movements:

(1) Rotate left forearm externally so that palm side of left fist faces upward and describe a small circle outward, upward, inward and downward with left fist by rotating forearm so that palm side faces downward. At the same time, turn toes of right foot inward, stretch right leg a bit and turn torso leftward. Take half a step backward with left foot, resting its ball on ground with leg slightly bent. (Fig. 142)

(2) Without any pause, turn toes of right foot outward and rotate torso to face due east. Raise left fist overhead in front with thumb side of fist facing downward. Simultaneously, thrust right fist horizontally forward past right ear with palm side of fist facing downward. Look straight ahead. (Fig. 143)

Points to remember:

(1) The above-mentioned movements should be done continuously without any breaks.

(2) Thrust right fist forcibly with fist raised at shoulder level. Left arm should be bent to form an arch overhead in front.

(3) In the empty step, there should be a clear distinction between a solid step with one leg and an empty step with the other. Shift weight onto right leg and keep the ball of left foot resting on ground.



144

六十五、并步推掌

動作分解：

左脚向前上半步，右脚隨之向前與左脚并步靠攏，兩腿伸直；右拳同時變掌，從前向下、向後直臂弧形繞環，至後方時，屈肘舉至右耳側，向前直臂平伸推出，小指外側朝前，掌指朝上；左拳在右掌繞環的同時變鈎手，在右掌繞向後方時，從上由胸前下降向左側繞環平舉，鈎尖朝下；眼看右掌（圖144）。

要領說明：

兩臂的繞環必須協調；推出之掌，掌指高與眉齊；側舉之鈎，要與肩平；上身保持正直，防止聳肩、凸臀的現象出現。

65. BRING FEET TOGETHER AND PUSH PALM

Movements:

Take half a step forward with left foot, bring right foot to the side of left foot and straighten up both legs. At the same time, open right fist into palm, swing it forward, downward, backward with straightened arm. Raise right palm to the side of right ear from behind with elbow bent and push it horizontally forward with its ulnar side facing outward and fingers turned up. Meanwhile, with the swinging of right palm, turn left fist into a hooked hand and, when right palm swings backward, bring it downward past chest, leftward and upward until it is raised to shoulder level with fingertips pointing downward. Look at right hand. (Fig. 144)

Points to remember:

The swinging movements of both arms should be coordinated. When pushing right hand, raise fingertips to eye level. The hooked hand should be level with left shoulder. Keep torso erect. Don't raise shoulders and thrust out buttocks.



145



146

六十六、震脚虛步琵琶手

動作分解：

①右腿屈膝向前提起（圖145）。②左腿屈膝，右脚在左脚側旁跺地震脚（圖146）。③右脚向後退步，上身後移，右腿屈膝略蹲，左脚跟離地掀起，以左脚掌虛沾地面，身體重量坐落於右腿，成爲虛步；左鈎手同時變掌，屈肘從左腰側由右掌上面向前伸出，小指外側朝前，掌指朝上，肘微屈；右掌在左掌伸出時，從前向下、向後，向上直臂弧形繞環，繞至上方時，屈肘從胸前下降，附於左肘內側，小指外側朝前，掌指朝上；眼看左掌（圖147）。

要領說明：

震脚必須有力；虛步必須虛實分清。



147

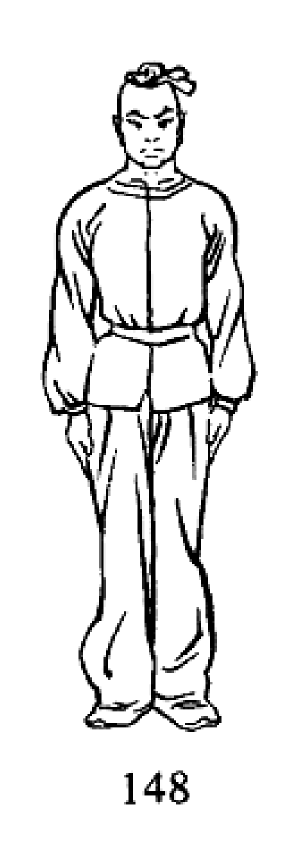
66. STAMP FOOT AND HAND STRUMS THE LUTE IN EMPTY STEP

Movements:

(1) Raise right leg with bent knee. (Fig. 145)

(2) Bend left leg and stamp with right foot beside left foot. (Fig. 146)

(3) Take a step backward with right foot, shift torso backward, slightly bend right leg, raise left heel from ground with the ball of left foot resting on ground, shift weight onto right leg to form a left empty step. At the same time, open left hooked hand into palm and extend it forward above right palm with its ulnar side facing outward, fingers pointing upward and elbow slightly bent. As left palm extends forward, right palm makes an arc forward, downward, backward and upward in front of chest until it comes to the inside of left elbow with its ulnar side facing outward and fingers pointing upward. Look at left palm. (Fig. 147)



148

收　　勢

動作分解：

右腳跟裏轉，兩腿直起站立，左腳向右腳併步靠攏；兩掌在併步的同時，從身前分向下、向兩側，直臂弧形繞環，繞至兩側平舉部位時，屈肘從兩耳側向下直垂，貼靠兩腿側，仍作立正姿勢（圖148）。

要領說明：

此動雖是收勢，也必須挺胸、直背、鬆肩，精神振作，不可鬆懈。

Points to remember:

Stamp foot with force. There should be a clear distinction between a solid step with one leg and an empty step with the other.

CLOSING FORM

Movements:

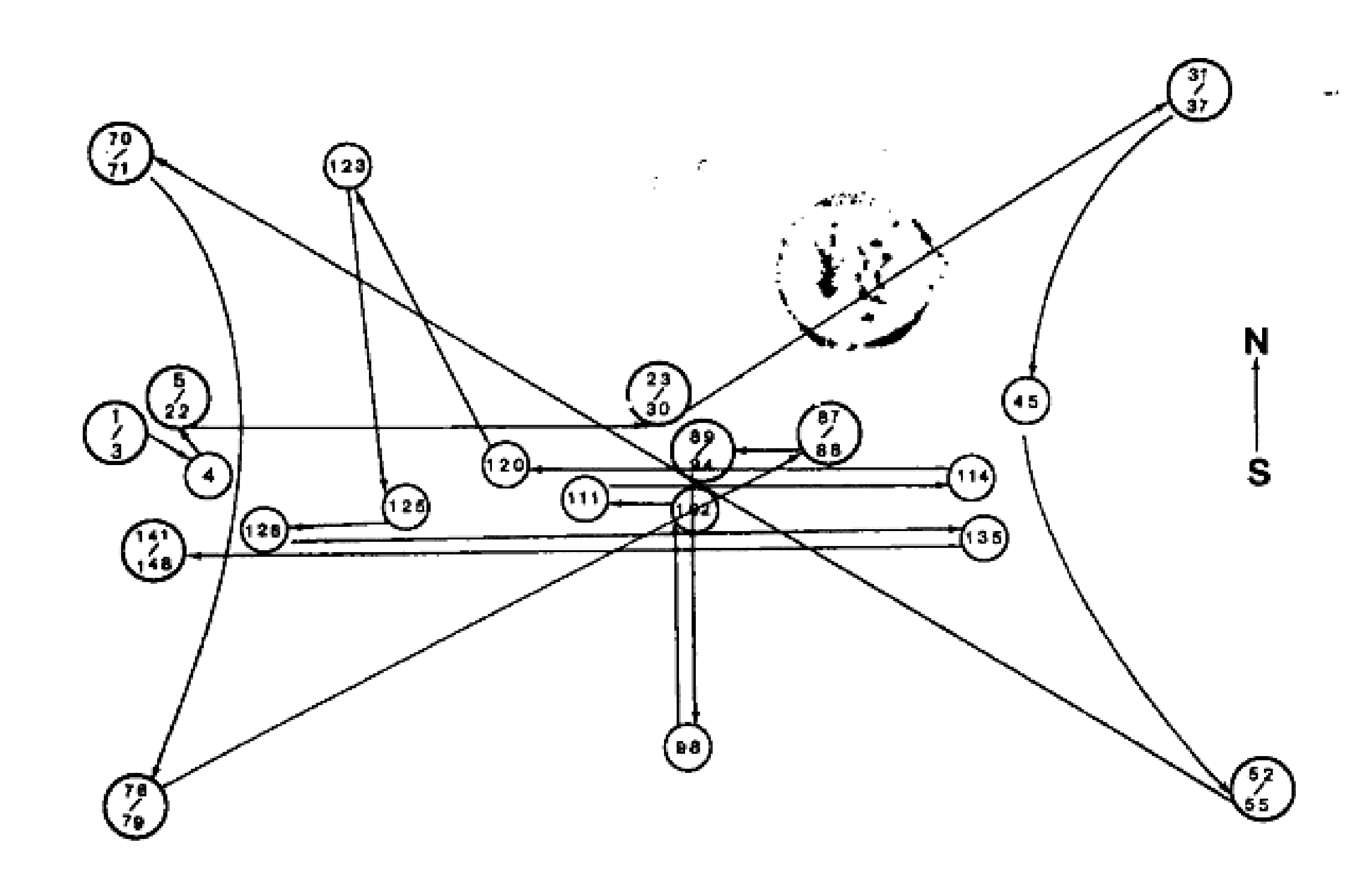
Turn right heel inward, straighten up both legs and bring left foot to right foot. When bringing left foot to right foot, swing both palms with unbent arms downward, sideways and upward until they are raised to shoulder level. Then bend elbows and lower palms from the side of ears to the side of hips to return to the starting position. (Fig. 148)

Points to remember:

In the closing form, hold chest thrust out, back straight and shoulders relaxed. Be alert and concentrating.

套路佈局圖

Diagram of the Routine



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